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April 2017

Carolina Country

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2017 Carolina Country
ADVENTURES
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COAST
45

April 2017
Volume 49, No. 4

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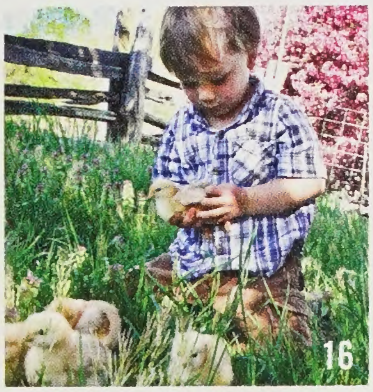
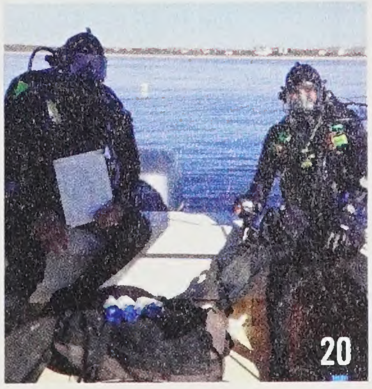
On the Cover: A young participant of the annual Cherokee Powwow in dance regalia. Learn about Cherokee and other N.C. destinations in our 2017 travel guide, beginning on page 45. Photo by KM Herron





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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

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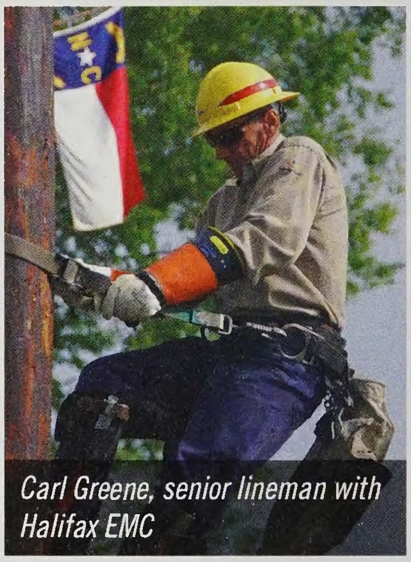
Sacrifice and Selflessness on the Line

By Farris Leonard

As we approach Lineman Appreciation Day on April 10, the day we recognize lineworkers across this country, I can't help but ask: Who are they? Most people know them only on the surface—what they see on the television, or when they pass by a crew on the side of the road. I know them in a different way, a personal way. For more than 20 years, I have been able to see them for who they are at a personal level—who they are on the inside.

Linemen are well-trained and highly skilled. It takes years to become a journeyman linemen. Those years are filled with classroom work, on-the-job training and self-guided education. A laptop is now a standard tool, and they are proficient with it.



Carl Greene, senior lineman with Halifax EMC

But work as a lineman also requires certain traits and a common temperament. First and foremost, they are unselfish. For most, a storm front blowing in after regular work hours means it's time to head in. For a lineman, it means it's time to go home, grab a quick bite to eat, and wait for the call. They watch their own lights flicker, they text other linemen across the system for a report. There have been many personal and family plans spoiled by weather or other untimely events that cause an outage, but our linemen are dedicated and always ready to go. I have seen linemen leave families on Christmas Eve because lights were out. I have seen a crew of linemen in the summer heat give a family in need all of the ice and cold water they had. I have seen a lineman's bruised and bleeding feet, when all he wanted were some clean socks and foot pads for his boots. I have seen a lineman want to restore power to just one more house before going in after an 18-hour day. That house may have been yours.

All linemen are dedicated. Being a lineman is not a Monday through Friday, 8 to 5 job. There are no routine days. Being out in the field presents opportunities for extra acts of kindness, and linemen oblige with helping hands. Like helping a member catch a horse on the loose. Or discovering and putting out a small fire in a garage. Or the time a lineman rescued an injured hunter from a tree stand. They will say it's all in a day's work.

So you see, a lineworker is more than a person who keeps your lights on. He or she is your neighbor, a volunteer at the local fire department. He coaches youth sports and buys the equipment that is needed when the league has budget shortfalls. She is there at a local fundraiser for an individual in need. They juggle their time and make the best of every moment because at any moment, the phone will ring, the pager will alert or they will just get that feeling that "lights are out" and members are in need. A lineman is more than who they are at work, and more than just the person who keeps the lights on.

On Lineman Appreciation Day, remember our lineworkers, remember what you see them do. But also remember what you don't see: The sacrifice, the selfless dedication, their concern for their fellow linemen, and most of all their hearts… they have big hearts.

Farris Leonard is manager of Job Training & Safety Field Services for North Carolina's Electric Cooperatives.

THIS MONTH'S ISSUE:

Carolina Country Adventures

April is a special time in North Carolina, when the warm days begin to outnumber the cold, and when we can all get out and enjoy everything our state has to offer. This month, we continue what has been a springtime tradition for Carolina Country for more than 20 years and offer our take on notable destinations around the state. So pack a bag and keep our Carolina Country Adventures travel guide close at hand. (And don't miss the reader restaurant recommendations.)

—Scott Gates, editor

Electricity for All

According to the Sustainable Energy for All database from the World Bank, 100 percent of the United States is electrified. Practically everyone in our country has access to electricity and the benefits that it affords. The ability to turn on the heat, warm up the water, switch on a light or cook in an electric oven can be easily taken for granted in the United States.

However, millions of people around the world are not so lucky. In Sub-Saharan Africa, only about 40 percent of the region is electrified. That means that 60 percent of people there live without electricity. Children who do attend school finish their studies by candlelight, economic growth is stifled, food cannot be refrigerated and health clinics rely on outdated practices to treat patients. Where electricity is not available, food is cooked over biomass fuels which can have seriously adverse consequences on people's health and the environment. Poverty is both a cause and a result of lack of access to electricity. For this reason and many others, access to electricity is an issue on the forefront of U.S. Foreign Policy in development.

In the February edition of Carolina Country, Jay Rouse encouraged electric co-op members to "reach out to elected officials and talk to them about issues of importance to you and your community" ("Co-op Members Make an Impact at the Polls," page 4). Communication with government officials really does help our leaders understand the values and concerns of their constituents. But while we use our computers and telephones to contact our Congressional leaders, we should also take a second to remember those without such luxuries.

By encouraging our elected officials to support bills like the Electrify Africa Act (passed last February) or the Digital GAP Act (currently before Congress), we can ensure the development of electrical connections and internet accessibility around the world. Not only will this promote economic growth by opening up new marketplaces at home and abroad—over 16 percent of North Carolinians are employed in export-based manufacturing jobs driven by global internet connectivity—but global electricity and internet development will provide people around the world with access to education, government accountability and new jobs.

Emily Schwartz, Cameron, a member of Central Electric. Emily is regional director of The Borgen Project, a Seattle-based nonprofit organization working to end global poverty (borgenproject.org).

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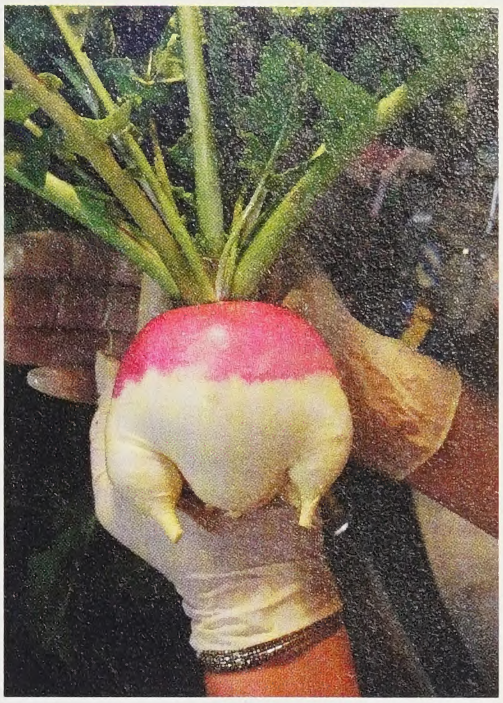


Turnip or Tukey?

Here is a picture of a turnip that my brother and sister-in-law, Jeter and Kathy Allred of Ellerbe, picked. Looks like a turkey, doesn't it?! [Kathy added: "One evening I ran out and pulled some turnips for dinner—this turnip definitely caught us off guard!"]

Donna Perez, Monroe, a member of Union Power Cooperative

Garden Guide Enjoyment

I read and enjoy every issue of Carolina Country. The March 2017 issue was special! The greenery, flowers and fruits in the magazine were beautiful. Thank you.

Helen Sparks, Winston-Salem, a member of Surry-Yadkin EMC

DIGITAL EXTRAS

carolinacountry.com/extras

More from our garden guide: Reader photos and tips for attracting pollinators.

From Lineman to Movie Producer

On his company voicemail, Chad Dubea asks callers to leave a message and to "please thank a lineman. Without them, there wouldn't be any power. And thank a mechanic, as well. Without them, your trucks wouldn't be running."

Whenever he can, Dubea champions line crews' courageous work and daily sacrifices, especially during major storms and disasters. In 2013, he funded the startup of Fallen Linemen Organization (fallenlinemen.org), a charity that raises money for wounded crews and their families.

The year before, his fleet maintenance company co-sponsored Drivin' for Linemen 200, a NASCAR truck race at Gateway Motorsports Park in St. Louis, Missouri.

Now, Dubea can add "executive producer of a Hollywood movie" to his linemen tributes.

Released to theaters in November 2016, Life on the Line (rated R for some violence and strong language), an action drama starring John Travolta, tells the story of linemen, the hazards and the profession's hidden side: The toll that the job's long hours take on families.

"It's the greatest job in the world, and I want to give back to an industry I love," Dubea said of being a lineman.

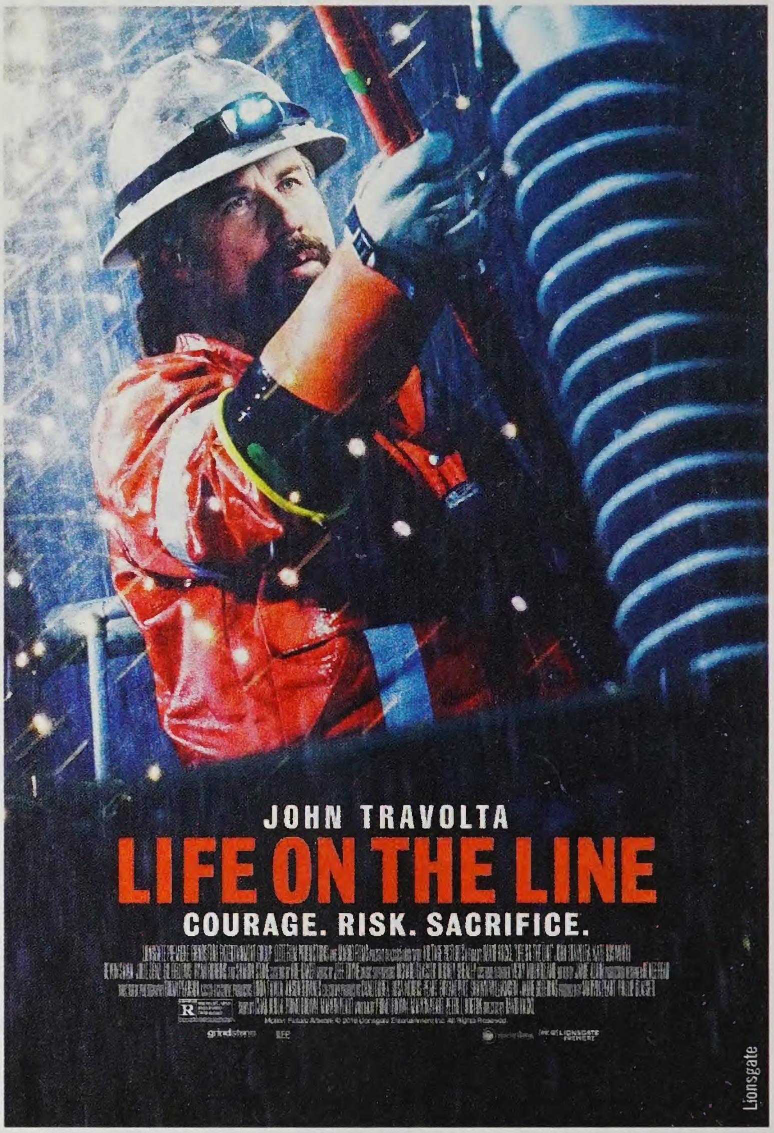
He came by it through bloodlines; his father and uncle worked in the electric utility industry.

"Men don't like to talk much about our jobs," said Dubea, who lives near Beaumont, Texas. The movie gives families of lineworkers and the general public "a small glimpse into what linemen go through while on the job or away from home."

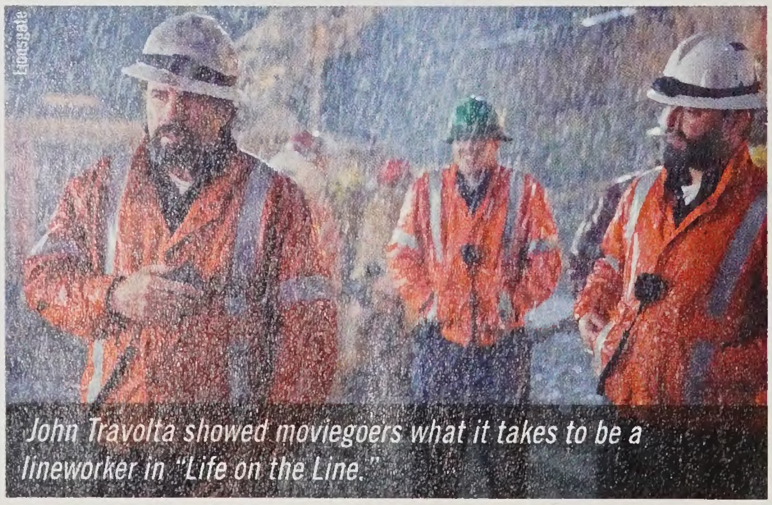
Dubea sold his power line construction company to help finance the $12 million film. Through business connections, he met screenwriter Primo Brown who went on to write the film's original script. The writer researched the industry by attending safety training and compliance meetings at Dubea's company.

"I learned what it takes to become a lineman and understood how important safety is on the job," said Brown. "Being a lineman is an extremely hazardous occupation … the brave individuals that keep our lives energized have my utmost respect."

Dubea's experience had flashes of glamour. On a moment's notice, he flew to the Cannes Film Festival in France, where he lunched with Hollywood film executive Harvey Weinstein in hopes of landing a distributor. He also met the movie's star.



Lionsgate



John Travolta showed moviegoers what it takes to be a lineworker in "Life on the Line."

Lionsgate

"John Travolta is extremely sincere. Anyone he met, he'd write or call back. He really gained an appreciation for what these men, women and families deal with on a regular basis," said Dubea.

The movie was shot in Vancouver, Canada, and a good part of Dubea's experience during production was fraught with tedium and frustration.

"Making a movie is very boring. They'll shoot one scene and they'll redo it several times. When you see the final movie, you can't even tell that one part was shot at a different time," he said. "They shot the end of the movie on the very first day to work around John's schedule."

Still, Dubea has no regrets. A plug at the end of the movie promotes the Fallen Linemen Organization, and he accomplished what many dream about: Making a Hollywood movie.

"I'm proud that I got this opportunity to bring the industry to life on the big screen. I hope we can all join together … to provide a safer, more rewarding industry for all."

—Victoria Rocha, NRECA

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Co-op Classroom Grants Totaled $643,000 in 2016

Last year, electric co-ops supporting the work of K–12 teachers across the state by awarding more than $643,000 through the Bright Ideas program.

More than 600 grants were awarded out of nearly 1,600 applications received, and the funds will support programs that benefit more than 147,000 students in North Carolina.

"Every year, the electric co-ops are so honored to be able to support local educators with these grants," said program coordinator Safaniya Stevenson, community relations specialist for North Carolina's Electric Cooperatives. "From an urban beekeeping project ("Cape Hatteras Honey Bees," March 2017, page 7) to books sparking an interest in reading, all of the grant projects were truly exceptional. We continue to be amazed by the creativity and dedication that our state's educators put into their Bright Ideas grant projects."

Since the program began in 1994, educators in grades K-12 have been able to apply for grants for innovative, classroom-based projects that would not otherwise be funded. Teachers are eligible even if they have received a grant in the past. In most cases, projects can be funded up to $2,000, and more than 10,000 projects have been funded over the years.

Bright Ideas grant applications for 2017 are being accepted April 1 through September. Grants are awarded in November.

For more information and to apply, visit ncbrightideas.com.

Plant a Tree! Arbor Day is April 28

Arbor Day has been observed in the United States since 1872, when residents of Nebraska City, Nebraska, planted one million trees. But the benefits of planting a tree never get old: Trees can help cool your home and neighborhood, break cold winds to lower your heating costs, and provide food for wildlife.

Properly placed trees can lower line clearance costs for utility companies, reduce tree mortality and result in healthier community forests. Check for underground utility lines before digging by calling 811 at least three days before your project (a free service will mark underground lines and pipes). When planting near utility lines, contact your electric cooperative with questions about planting distance from utility equipment and right-of-ways.

To learn more about which trees might work best in your yard, visit arborday.org.

Apply Today: N.C. Program Develops Agricultural Leaders

For those farmers across the state interested in learning more about the trade and developing leadership skills, opportunity knocks. The North Carolina Tobacco Trust Fund Commission Agricultural Leadership Development Program is designed for up to 30 agriculturists who exhibit leadership potential. Recruitment for the 2017–2019 starts April 1, and those interested in the program can learn more and submit an application online (bit.ly/CALDP).

Active farmers, agribusiness professionals and related agriculture professionals who are N.C. residents are eligible to apply — participants will be representative of the diverse agriculture and agribusiness of the state. The program consists of seven two-and-a-half day seminars, a legislative study tour to Washington, D.C., an international study tour to Brazil, and local and domestic study tours.

The program began in 1984, and is administered by The College of Agriculture and Life Sciences at North Carolina State University and the North Carolina Tobacco Trust Fund Commission.

ENERGY TECH

All aboard the electric bus

Bus fleets are prime for electrification.

By Thomas Kirk

Electric vehicles are revving up! With over half a million electric cars on the road, several companies are turning their attention to a new market niche, electric buses. Several companies, including Proterra, GreenPower Bus, eBus and Lion Bus are actively selling and manufacturing electric buses while others such as Tesla have announced plans to break into this market.

Buses may seem like an odd choice for innovation, but they make ideal candidates for electrification. First, buses have predictable, set routes. This means it's easy to plan around their battery range limitations. Buses also have long idle periods, typically at night, that are perfect for re-charging. Next, even though electric vehicles are more expensive to buy than comparable fossil-fuel counterparts, they are less expensive to operate because kWhs are almost always cheaper than gallons of fuel on a levelized basis. Buses are frequently in use, allowing them to leverage their cheaper fuel source. Buses are also able to take advantage of regenerative braking, an electric vehicle feature that converts kinetic energy (usually lost while braking) back into useable energy. Lastly, buses provide enough size for a truly immense battery pack. Proterra's Catalyst E2 bus debuted last year and can carry a 660 kWh battery the size of a twin mattress, giving it a range of 350 miles.

Proterra
1 WHITLEE COURT
PROTERRA CATALYST
BATTERY ELECTRIC

In the near future, consumers can expect to see electric buses as a viable transit choice for cities, towns and school districts.

On the consumer side, there are two primary benefits: Health and noise. Electric buses run much cleaner than their diesel counterparts, though total emissions will vary depending on how your region generates electricity. Massachusetts estimates switching from diesel to electric power will reduce vehicle CO_2 emissions by more than 70 percent. Even if emissions aren't completely erased, it does change where they are produced. Bus passengers, nearby pedestrians and motorists will have cleaner air as they travel. This is an especially important benefit for children riding electric school buses. The other positive of electric buses is that they'll run quietly, contributing less noise pollution to the streets they travel.

But it's not all rosy for electric buses—they have a challenging road ahead. For one, the cost. The average school bus in North Carolina cost $33,000 in 2014, according to the UNC Charlotte Urban Institute. Electric school buses from Lion bus cost between $200,000 and $300,000. The Proterra Catalyst E2 commuter bus retails for a whopping $800,000, unsubsidized.

So when will you be riding to work or school in an elegant, whisper-quiet electric bus? Well, several cities including Philadelphia, Los Angeles and Miami have already launched pilot programs, and Proterra is planning to triple its production in 2017 from 30 buses to 90. While that might not sound like much, battery costs are falling rapidly, which will make electric buses a viable transit choice for more cities, towns and school districts.

The downside, of course, is now you'll have no excuse not to talk to your seatmate.

Thomas Kirk is an associate analyst of distributed energy resources for the Arlington, Va.-based National Rural Electric Cooperative Association's Business & Technology Strategies (BTS) division.

Learn about more cutting-edge energy trends at carolinacountry.com/energytech.

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Clogged, Backed—up Septic System…Can anything Restore It?

Dear Darryl

DEAR DARRYL: My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I are always kidding each other about who keeps their home and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.

My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.

I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?

Clogged and Smelly – High Point , NC

DEAR CLOGGED AND SMELLY: As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

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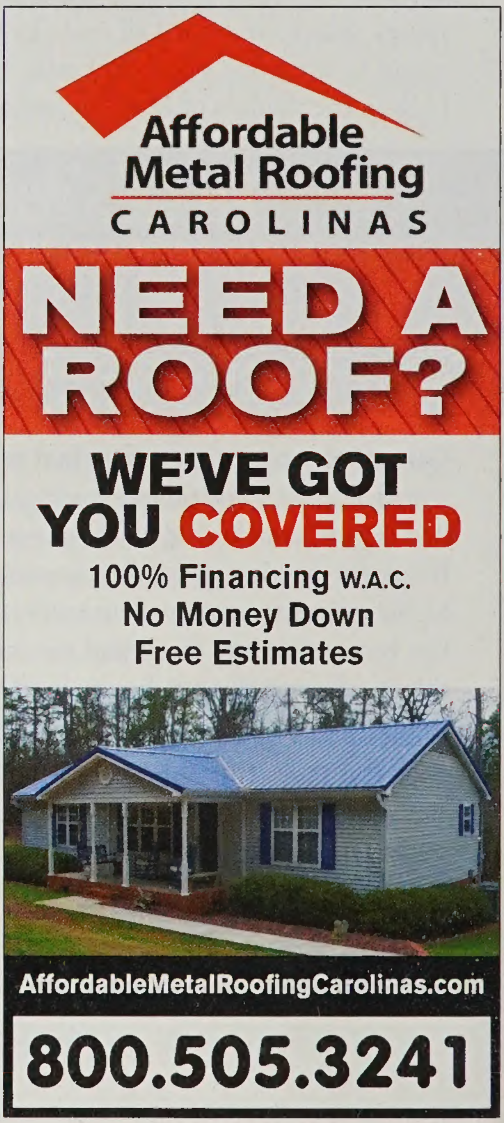

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by David Waxman
Seattle Washington:

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"!

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors like **Prilosec®, Nexium®, and Prevacid®**. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

Analysts expect the AloeCure to put a huge crimp in "Big Pharma" profits.

The secret to AloeCure's "health adjusting" formula is scientifically tested Acemannan, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know Acemannan has many of other health benefits?...

HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called Acemannan. So whether it's damage that is physical, bacterial, chemical or autoimmune; the natural plant helps the body stay healthy.

RAPID ACID AND HEARTBURN NEUTRALIZER

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

SIDE-STEP HEART CONCERNS

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015 a major study shows that chronic PPI use increases the risk of heart attack in general population.

UNLEASH YOUR MEMORY

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slow-to-react brain without a lot of room to store information. The acemannan used in AloeCure actually makes your gut healthier, so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

Doctors call it "The greatest health discovery in decades!"

SLEEP LIKE A BABY

A night without sleep really damages your body. And continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair...more youthful looking skin... And nails so strong they may never break again.

SAVE YOUR KIDNEY

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balance body fluids, form urine, and aid in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel.

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

Due to the incredible results people are reporting, AloeCure is being sold with an equally incredible guarantee.

"We can only offer this incredible guarantee because we are 100% certain this product will work for those who use it," Says Dr. Leal.

Here's how it works: Take the pill exactly as directed. You must see and feel remarkable improvements in your digestive health, your mental health, in your physical appearance, the amount inflammation you have throughout your body – even in your ability to fall asleep at night!

Otherwise, simply return the empty bottles with a short note about how you took the pills and followed the simple instructions and the company will send you...Double your money back!

HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **1-800-330-0061** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE

NRECA

Celebrating Electric Cooperatives

Attendees of NRECA's 75th annual meeting honored the past while strategizing for the future

By Scott Gates

In 1942, rural electric leaders from across the country met in Washington, D.C., to discuss forming an organization that would make their voices heard on the national stage. That meeting led to the incorporation of the National Rural Electric Cooperative Association (NRECA). Seventy-five years later, NRECA is an internationally known and respected organization, and the electric cooperatives it represents are modern, consumer-focused utilities.

NRECA celebrated this anniversary at its annual meeting in February. Some 9,000 electric co-op representatives traveled to the San Diego Convention Center for the event, which included co-op training and education opportunities.

"So much is changing, and yet one thing remains constant. It's our steadfast confidence that cooperatives make a better future possible for the people who form them," NRECA CEO Jim Matheson said, addressing a crowd of co-op leaders. "Seventy five years ago, you formed NRECA to fight for your mutual interests. You formed a cooperative to make a better future possible. We're still fighting. The challenges are different now, and they will be different a year from now. They will be different 75 years from now. But we will still be fighting, and we will always fight for you."

Richard Biever

Tideland EMC CEO Paul Spruill participated in a panel discussion about the consumer-centric nature of electric co-ops.

N.C. in the spotlight

North Carolina's own Curtis Wynn, president and CEO of Roanoke Electric Cooperative in Aulander, was named NRECA's new vice president at the conclusion of the annual meeting, having just completed a two-year term as secretary-treasurer. Phil Carson, a director at Tri-County Electric Cooperative in Illinois, began his two-year term as NRECA board president. Joining NRECA's leadership team as secretary-treasurer is Montana Director Chris Christensen of NorVal Electric Cooperative.

Several awards were presented throughout the meeting, and the board of directors at Roanoke Electric received the William F. Matson Democracy Award. The award recognizes outstanding participation in the Action Committee for Rural Electrification (ACRE), the political arm of co-ops.

North Carolina also was represented on the agenda by Tideland EMC CEO Paul Spruill, who discussed member-centric co-op services, in particular the methods his co-op uses to keep members informed during storm-related outages.

Bob Schwentker, senior vice president and general counsel for North Carolina's Electric Cooperatives, joined a panel to discuss the importance of sound board governance.

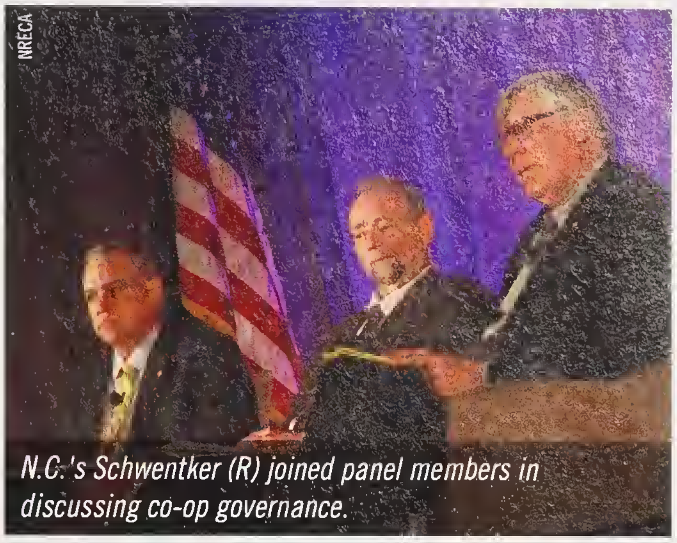
At the TechAdvantage conference held in tandem with the annual meeting, the state was represented in breakout sessions by Wake Electric manager of engineering Don Bowman, who participated on a panel discussing voltage management; Blue Ridge Energy applications support manager Michael Clement, who discussed his experiences with billing software; South River EMC CFO Andy Hardy, who discussed the business case for cyber insurance; and Lee Ragsdale, vice president of asset management for North Carolina's Electric Cooperatives, who discussed techniques to utilize solar power generation.

Helping hands

Ahead of the annual meeting, some 120 co-op directors, staffers and spouses uprooted elephantine plants, mended fences and set patio stones during the 9th annual Community Service Project, sponsored by Touchstone Energy® Cooperatives with

NRECA
75 Years of Service
NRECA
America's Electric Cooperatives

(L to R) Coleman passes the gavel to NRECA board officers Carson, Wynn and Christensen.



N.C.'s Schwentker (R) joined panel members in discussing co-op governance.

NRECA
Touchstone Energy Cooperatives

(L to R) Pee Dee Electric directors Richard Melton and Richard Johnson, along with Johnson's wife, Elaine, were among the 100+ volunteers at the community project.

(L to R) Mel Coleman presented the William F. Matson Democracy Award to Roanoke Electric directors Allen Speller (chairman), Nat Riddick (vice chairman), Darnell Lee and Millard Lee.

Rebuilding Together San Diego.

"We take for granted that cooperatives give back to their local communities. That's the cooperative DNA," said Touchstone Energy COO Mary McLaury. "Volunteers from Touchstone Energy co-ops across the nation—giving generously of their time and energy to help their urban neighbors—really embody the cooperative spirit."

If ever a street needed a helping hand, it was 59th Street, a narrow incline in the low-income Encanto section of San Diego, on which volunteers worked on five homes within 200 yards of each other.

Two of the homeowners, Raenal and Anne Smith, have lived in their small three-bedroom house for about eight years. In 2015, their grandson Wesley tragically drowned at nearby Mission Beach, and Anne's father recently passed away. So they've had little opportunity to paint their house or fix a crumbled brick area that their six grandchildren use for bike rides.

"It's a blessing. This is God-sent," said Raenal, who works at a major home improvement store. "Usually, I get out here and do my own work. But between her dad, our grandson, it's been a lot of heartache for us."

"We couldn't have found better recipients," said Deanna Hutchison, project manager for Rebuilding Together San Diego, which has rehabbed hundreds of area homes and facilities. "The neighbors see people loving each other and the community coming together. It's such a beautiful thing."

Looking forward

Although the 75th annual meeting marked a time to celebrate electric co-ops' history, sessions and networking opportunities helped co-op leaders strategize for the future.

In his farewell remarks, outgoing NRECA president Mel Coleman stressed that electric cooperatives have unique strengths, which puts them ahead of other utilities in a changing industry.

"The concern for the people we serve gives us an ideal platform to influence energy policy in ways that put our communities, consumer and our members first," Coleman said. "Put simply, co-ops are cool."

Michael Kahn and Steven Johnson, NRECA, contributed to this article.

Wayne Price

Youth Leadership Council (YLC) delegate Gracie Greene attended the meeting, assisting NRECA staff during sessions and encouraging attendees to communicate with their representatives in Congress. Greene represented Blue Ridge Energy at NRECA's 2016 Washington Youth Tour and will be attending Appalachian State University in the fall. She sees her experience with YLC as an amazing opportunity to make close connections with fellow delegates from across the country.

"I've really enjoyed meeting [other YLC delegates] and learning about their different cultures," Greene said. "They love the way the Tennessee girl and I talk. I never knew the word 'supper' was not widely recognized!"

Dreams Coming True in Uganda

By Sue Spirit

An adventurous stint in Uganda changed the lives of Marian Peters and Tina Groover. Marian, a physician assistant, is director for the free Community Care Clinic she established in Boone, and Tina is an Appalachian State University professor. They fell in love with the little village of Bulumagi in central Uganda, East Africa, and never looked back.

During their three-week Global Volunteers assignment, Marian and Tina held a makeshift medical clinic and spent time getting to know the village women and children. Before they knew it, on their own, they had established Partnership Uganda, helping the women realize some of their dreams: school scholarships for children and youth, a children's library, micro-businesses, and a small community center.

When I met Tina and Marian, their eyes sparkled as they spoke about that little town in Uganda. Their enthusiasm was contagious. I began aiding their work financially, started a support group, wrote stories about their work, and even visited Bulumagi.

"If one person can change the world, why don't more people do it?" declared Greg Mortenson, founder of hundreds of girls' schools in Pakistan and Afghanistan. These women are truly changing things.

Building a future

Partnership Uganda's work centers around three areas: educational opportunities, economic opportunities and health care.

The organization sponsors 48 children and youth to attend school. Children's parents must pay for uniforms and supplies, but they are mostly poor subsistence farmers who can't afford to educate their children. Most of the children have been sponsored for eight to 10 years: Sarah is now studying at university in Kampala; Zawedde is in nursing school; another youth has graduated from lab tech school; two others are studying auto mechanics; another has graduated in hospitality management.

The community building and study center, enabled by Tina and Marian, houses a children's library that holds more than 1,000 volumes, games and art supplies. After school, the older children help the younger ones with their school work.

Partnership Uganda has also financed 150 micro-loans for the women of Bulumagi. A self-sustaining program operated by village women centers around a weekly banking day, with women withdrawing or adding to their savings accounts. Some of the businesses are raising pigs, chickens and other livestock; selling used clothing; and making baskets and jewelry. There is a 95 percent repayment rate on the loans.

Marian Peters and Bulumagi children

Providing needed healthcare

Traveling to Uganda every other year for a month's stay, Tina and Marian continue the on-the-spot medical clinics, and have begun working with the village midwife. They are especially concerned about malaria, AIDS and other infectious diseases.

Tina and Marian have a dream for the future: a permanent medical clinic for the village. "We need to identify a partner organization that can work with us to create a clinic that will provide primary and preventive care, widespread health education, and ongoing training of healthcare personnel," Marian says.

The Bulumagi support group has recently been established to help fund the partnership. The group gathers often to review the Bulumagi success stories and find out how to provide more assistance to the village in Uganda.

"Yesterday we received year-end letters from each of the sponsored kids," Tina excitedly reported at a recent meeting. "They wrote of their studies, drama and music programs, soccer competitions, and helping their parents with harvesting food and gathering firewood. They always express their gratitude and that of their families, who greatly value their children's education."

Sue Spirit, a Blue Ridge Energy member, lives in Boone.

Partnership Uganda

Partnership Uganda is a 501C-3 tax-exempt charitable organization; 100 percent of donations are used to support the projects.

Contact Marian and Tina at:
Partnership Uganda
P.O. Box 1994
Boone, NC 28607
partnershipugandainc.org

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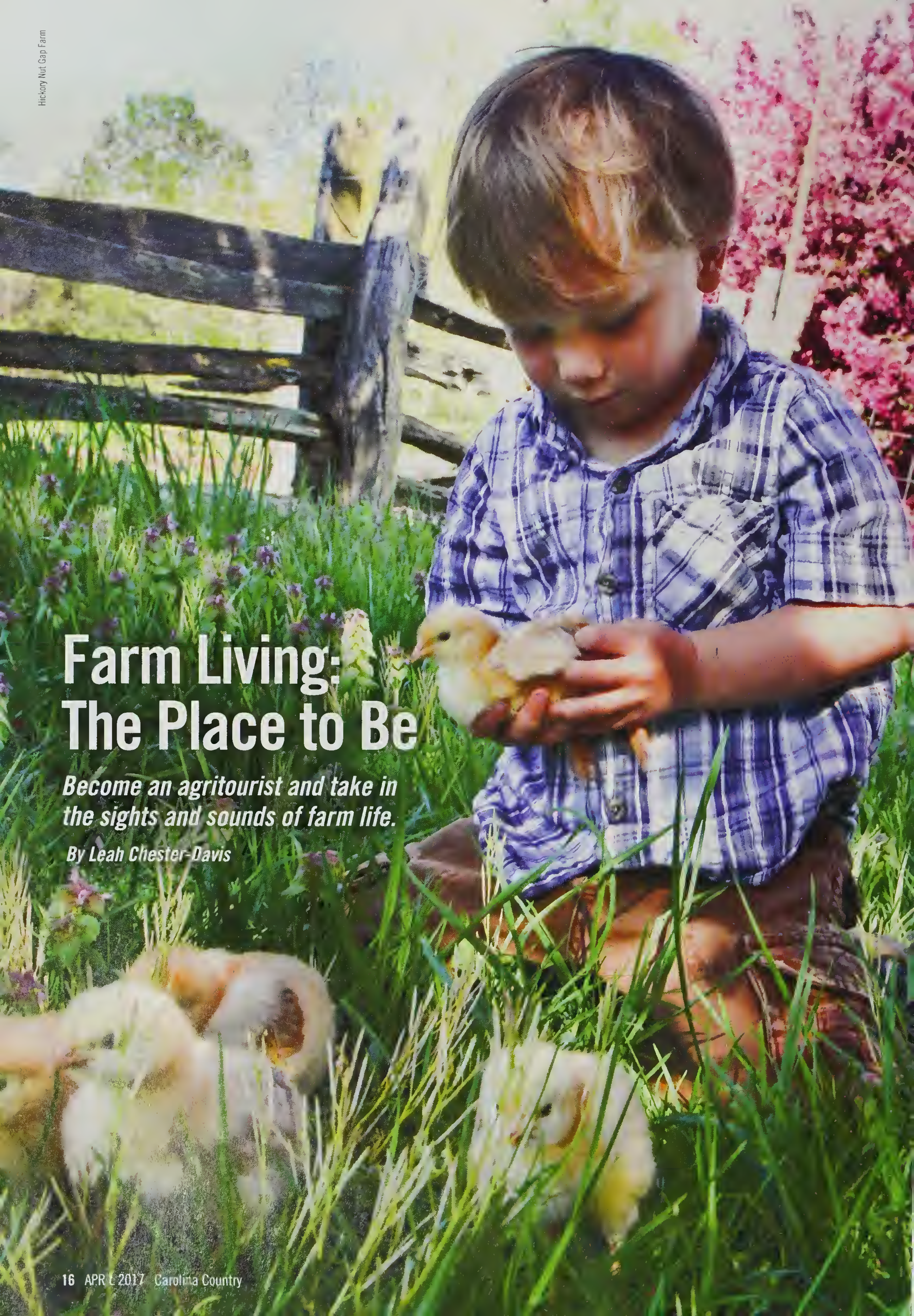


Hickory Nut Gap Farm

Farm Living: The Place to Be

Become an agritourist and take in the sights and sounds of farm life.

By Leah Chester-Davis

Farm season is set to swing into high gear, and with it, a growing number of opportunities to visit a local farm. In late spring, summer and fall, numerous farm operations are open on a regular basis for visitors, as well as for annual tours and events.

"Farming is a fantastic life," says Jamie Ager, who owns Hickory Nut Gap Farm in Fairview with his wife, Amy. The pair met in chemistry class at Warren Wilson College in Swannanoa. "You get to be outside a lot and see the way nature changes. I think people need a connection to farming; It's a powerful thing."

Across North Carolina, the diversity of farms open to visitors means there really is something for everyone. From barnyard and fiber animals, riding and walking trails, farm bed and breakfasts, country cabins and retreats, historic farms, quilt barns, summer camps, corn mazes, pumpkin patches, vineyards and wineries — the North Carolina Department of Agriculture & Consumer Services (NCDA&CS) lists 10 different agritourism categories online (ncagr.gov/NCproducts) with a directory of farms by category. Hundreds of spots from the mountains to the coast offer the chance to get out on the farm.

Farm life

The Agers, who own both *Hickory Nut Gap Farm* and *Hickory Nut Gap Meats* (hickorynutgapfarm.com), offer a wide range of activities at their farm located just outside of Asheville. They started their meat operation 17 years ago on a fourth generation farm, and have begun to offer seasonal activities through the years. A corn maze, trike track, hay climb, cider press, corn box, baby animals, hay rides and horse rides, along with a pumpkin patch and an apple orchard, are a few of the activities they offer. They also host kitchen classes, on-site catering for those using one of their barns for an event, Friday night barn dances and a host of other fun events to draw you outdoors. Their farm store is open daily; lunch is served daily from 11 a.m. to 4 p.m. and Sunday brunch from 10 a.m. to 4 p.m. Hours change in the winter months.

Franny's Farm (frannysfarm.com) in Leicester, outside of Asheville, was voted one of the favorite farms to visit by readers of the Mountain Xpress. The sustainable farm offers wedding and event venues, animals, flower and vegetable gardens and a you-pick blueberry hill. During spring break and in the summer, it hosts Farm Camp with activities such as incubating and hatching chicken eggs, prepping and planting a garden, scavenger hunts and a feast that participants help prepare.

With a background in education and forestry, owner Frances Tacy says she has always dreamed of teaching children in a farm setting.

"People have lost their connection to nature, to food, to everything," Tacy says. "We all need places to experience that. With our farm they can return to a place to see animals and just relax."

In the Piedmont region, *Alpha & Omega Corn Maze* (alphaomegacornmaze.com) in Hamptonville hosts school and other groups, birthday parties, family reunions and weddings. The *Vollmer Farm* (vollmerfarm.com) in Bunn hosts farm stays, special events and a tractor load of activities in the fall on the "Back 40" Country Playground.

Carrigan Farms (carriganfarms.com) near Mooresville features numerous on-farm activities and events, and hosts swimming parties at its on-farm quarry. The fifth-generation family owned farm specializes in growing quality fruits and vegetables, and hosting a variety of events and field trips.

"We use the farm like a giant, private park," says owner Doug Carrigan. "You can come and play for the day and leave with good memories."

Agritourism Defined

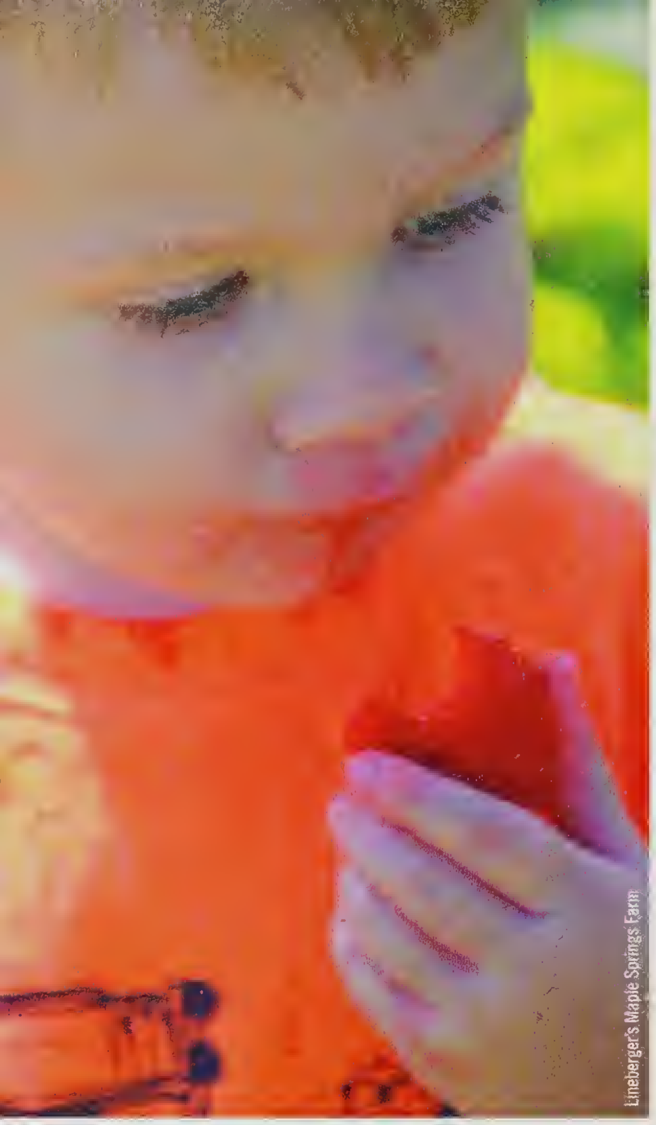
"Agritourism" is often the term used for an activity or venture that brings visitors to a farm, explains Molly Nicholie with the Appalachian Sustainable Agriculture Project (ASAP), an Asheville-based nonprofit. It is a way for farmers to share their farm story with the community. Visitors can learn about food production and the importance of family farms while enjoying fun activities that get people outdoors and into the beautiful North Carolina countryside. The added bonus is helping support local farmers. Visit asapconnections.org for ASAP's Local Food Guide to the mountain region.

The Ager Family of Hickory Nut Gap Farm welcomes visitors to their farm.

Hickory Nut Gap Farm

Families on a hayride at Carrigan Farms

Carrigan [illegible]


Lineberger's Maple Springs Farm

Franny's Farm

Franny's Farm

Farm food

Lineberger's Maple Springs Farm (bit.ly/LinebergersFarm), outside of Dallas, started as a strawberry farm and has expanded to other berry crops, peaches, vegetables and pumpkins. You-pick berry patches in the spring and summer and a pumpkin patch with a hundred different varieties in the fall are available. An on-farm market sells numerous fruits and vegetables from the farm from spring through fall.

Harold Lineberger, who retired from Rutherford EMC, and his wife Patsy, are in the process of training grandson Ethan Lineberger and his wife, Frankie, to continue welcoming families and school groups to this fourth generation farm.

"We really like to teach visitors a little about the seasons and the seasonality of food," says Frankie. "A fresh strawberry picked from the field tastes better than what you get at the grocery store."

On-farm dinners offer a taste of local flavor. *Goat Lady Dairy* (goatladydairy.com) in Randolph County offers dining adventures that include a farm tour, hors d'oeuvres on the porch and a gourmet meal that features cheese, herbs, vegetables and meats from its own or nearby farms, and is served in the rustic atmosphere of the dairy barn.

Another dining experience includes restaurants that are located at some of the state's wineries. *Sanders Ridge Winery* (sandersridge.com) outside Boonville provides a glimpse of the vineyards. Its Sourwood Restaurant, including a tasting room, is located in a beautiful wooded setting at the edge of the vineyard. For the adventurous, work up an appetite at the Big Woods Zipline located in a forest behind the winery.

Many other wineries throughout the state offer dinners, special events and wine tastings. Check the NCDA&CS site or visit ncwine.org.

Something for everyone

With hundreds of options across the state, consider your interests. Some farms are geared toward those with young children while others have activities to keep teens and adults engaged.

"Whenever people get out on the farm and look at cows and pigs and then go have a piece of barbecue or a hamburger, they have a connection between farm and food," says Jamie Ager. "That is cool."

***Above left:** A young visitor enjoys farm-fresh berries at Lineberger Farm.*

***Top Right:** A wedding at Franny's Farm*

***Bottom Right:** Franny's Farm gives kids a chance to learn about animals.*

Farm Visits from Home

For the days you can't get out, or for more ideas, tune in to:

"From the Vineyard in North Carolina," which airs Sundays on UNC-TV stations. The half-hour series highlights North Carolina wines and vineyards.

"A Chef's Life" airs on PBS stations. The half-hour cooking series follows Chef Vivian Howard out of the kitchen and into cornfields, strawberry patches and hog farms, mostly in eastern North Carolina.

"Growing Local," a radio series on WNCW, which airs on several stations in the mountains and Charlotte. If you miss an episode or are outside the broadcast area, tune to ASAP's SoundCloud page (soundcloud.com/growinglocal.)

Leah Chester-Davis loves to explore North Carolina from her home in Davidson. Her business, Chester-Davis Communications (chester-davis.com), specializes in food, farm, and lifestyle brands and organizations.

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50-54	$11.50	$9.70	$18.50	$15.50	$36.00	$30.00	$88.50	$73.50
55-59	$14.20	$11.95	$23.00	$19.25	$45.00	$37.50	$111.00	$92.25
60-64	$17.20	$13.30	$28.00	$21.50	$55.00	$42.00	$136.00	$103.50
65-69	$20.50	$16.00	$33.50	$26.00	$66.00	$51.00	$163.50	$126.00
70-74	$27.40	$21.40	$45.00	$35.00	$89.00	$69.00	$221.00	$171.00
75-79	$37.00	$30.10	$61.00	$49.50	$121.00	$98.00	$301.00	$243.50
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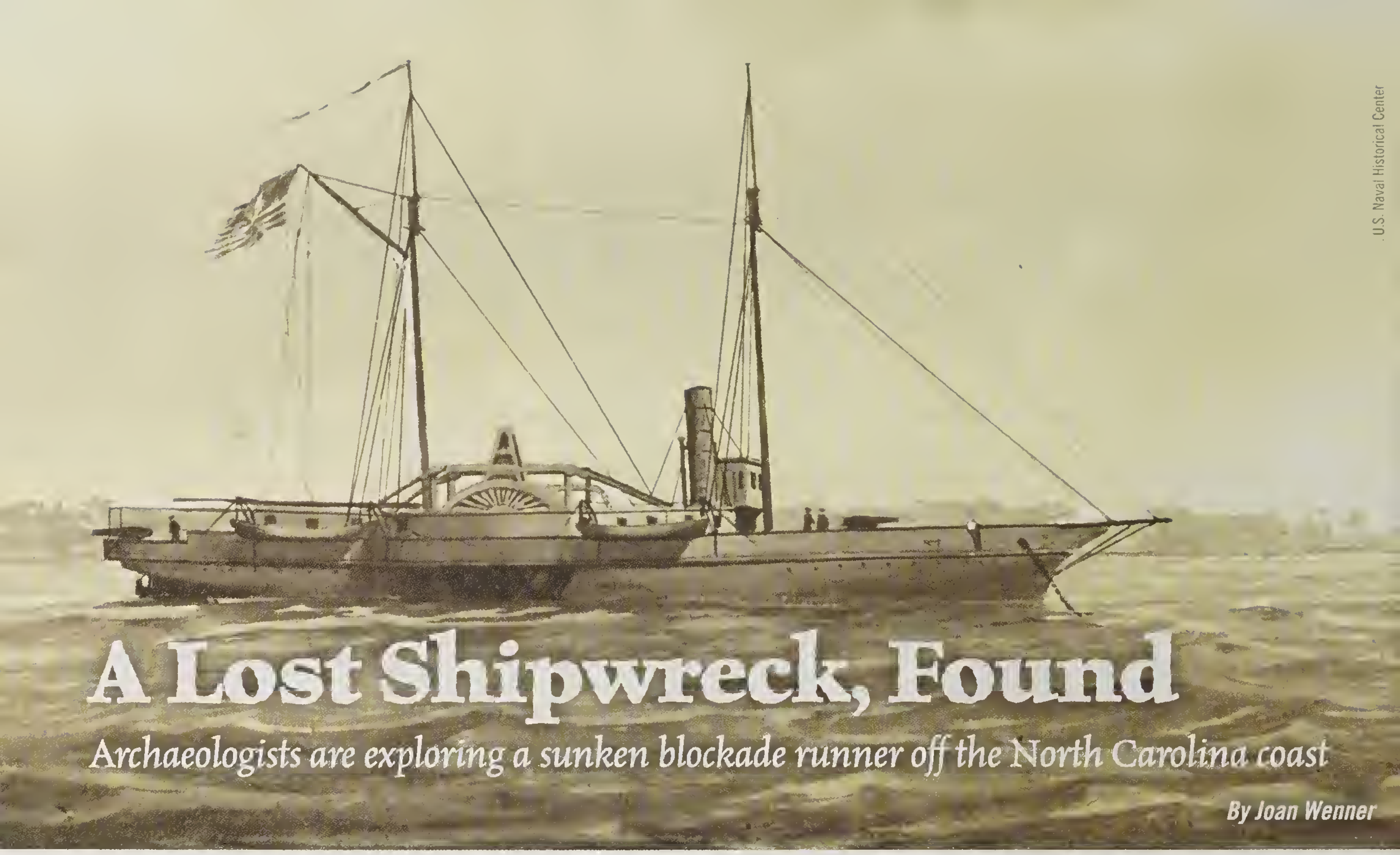


U.S. Naval Historical Center

A Lost Shipwreck, Found

Archaeologists are exploring a sunken blockade runner off the North Carolina coast

By Joan Wenner

Last February, underwater archaeologists were scanning the seafloor at the mouth of the Cape Fear River when their sonar pinged back a find: A previously lost shipwreck.

After studying it further, the Underwater Archaeology Branch of the N.C. Department of Natural and Cultural Resources confirmed it to be a 225-foot Civil War-era, iron-hulled blockade runner—bested by Union forces about 27 miles downstream from Wilmington near Fort Caswell. It was the first such find in decades, and it created quite a stir.

"Extensive historical documentation on hand" confirmed the wreck as the Scottish-built Agnes E. Frye (first named the Fox, but renamed by the captain after his wife), one of three sidewheel steamers of its size lost as the Union tightened its grip along the coast to impede navigation and effectively block the flow of Confederate supplies to the vital port of Wilmington. Where columns of conquering Federals once strutted up Market Street, today the Lower Cape Fear Historical Society keeps guard in the restored Latimer House.

The Frye was discovered in a remarkably preserved state, with its hull intact when weather permitted divers to take a closer look. (An 1888 salvage took her two engines and paddlewheel set, though a boiler remains imbedded.) More sophisticated sonar equipment was lent to the effort by Charlotte Fire Department Chief J.D. Thomas, allowing archaeologists to obtain a 3D scan of the Frye.

"The sector scanning imaging technology was the first time put to use at a North Carolina shipwreck site," explains John 'Billy Ray' Morris, director of the Underwater Archaeology Branch and Deputy State Archaeologist, Underwater. "Not only is it faster, it doesn't require good visibility. The murkiness of the water (along with unsettled currents in the area) hampers divers and investigators."

The operations were part of a project funded by the National Park Service through the American Battlefield Protection Program. Researchers aboard the vessel Atlantic Surveyor initially recorded the sunken steamer with East Carolina University Maritime Studies Program students assisting in gathering data.

"Changing conditions in the area in recent years have revealed large portions of wrecks 18 to 20 feet below the surface, rising 6 to 8 feet from the sand and protruding that much below," Morris says. "As activities proceed with this vessel, it may also shed light on her advanced British engine technology of the day."

Outrunning the enemy

Other foreign-built vessels for the Confederacy of the Frye's type were to be sent as blockade runners and fitted out as armed warships upon their arrival, thus serving two purposes. Some, however, were completed too late in the war to be of any real use to the South.

The Official Records of the Union Navy note that these blockade runners were far faster than Union cruisers could catch in open water.

"It is believed the Frye's crew intentionally ran her aground rather than let the ship fall into enemy hands [as it sank pointing toward the beach], similar to the famous blockade running 'ghost ship' Georgiana, when Confederate artillery batteries destroyed her rather than let a Union boarding party reach her cargo of military stores," Morris says.

To give some idea of cargo potential, some steamers were able to carry payloads of as many as 1,440 bales of cotton

Opposite: *The USS Hetzel, a steamer similar to the Agnes E. Frye.*

Right, top to bottom:

A series of forts and batteries protected Wilmington as the last Atlantic port of trade for the Confederacy, with Confederate steamers racing to make the mouth of the Cape Fear River.

Archaeologist Greg Stratton (right) and ECU grad student Hoyt Alexander prepare to dive on the wreck.

A sonar image of the Confederate steamer wreck

on runs to Cuba, Bermuda and Nassau, fetching nearly $400,000 if able to evade capture as a prize of war.

In the U.S. Naval Operations' archives, a July 1864 communication from Confederate Navy Secretary Stephen Mallory to one of his blockade running commanders instructed it was of the "first importance" that their steamers not fall into the enemy's hands. To another he commanded the adoption of a "thorough and efficient means for saving all hands and destroying the vessel and cargo whenever these measures may become necessary to prevent capture."

It was good advice. On December 1, 1864, a British blockade runner was captured off Cape Fear with all her cargo, including munitions, which the Southern army desperately needed. A week later, another was captured.

In his last annual report to President Abraham Lincoln, the Federal Navy Secretary noted the great impact on the Confederacy made by Union sea power in "an undertaking without precedence in history," with "65 steamers captured or destroyed endeavoring to enter or escape from Wilmington." He noted that the U.S. Navy had grown to 611 ships "and by December had taken a large number of prizes."

A new era for the Frye

Artifacts retrieved from the Frye, including personal effects, are expected to be exhibited at the Fort Fisher museum at Kure Beach, so stay tuned. A conservation plan and a budget are being developed. A national historic landmark and popular North Carolina Historic Site, the fort helped keep the port of Wilmington open for many blockade runners as the last remaining supply line to General Robert E. Lee in 1865.

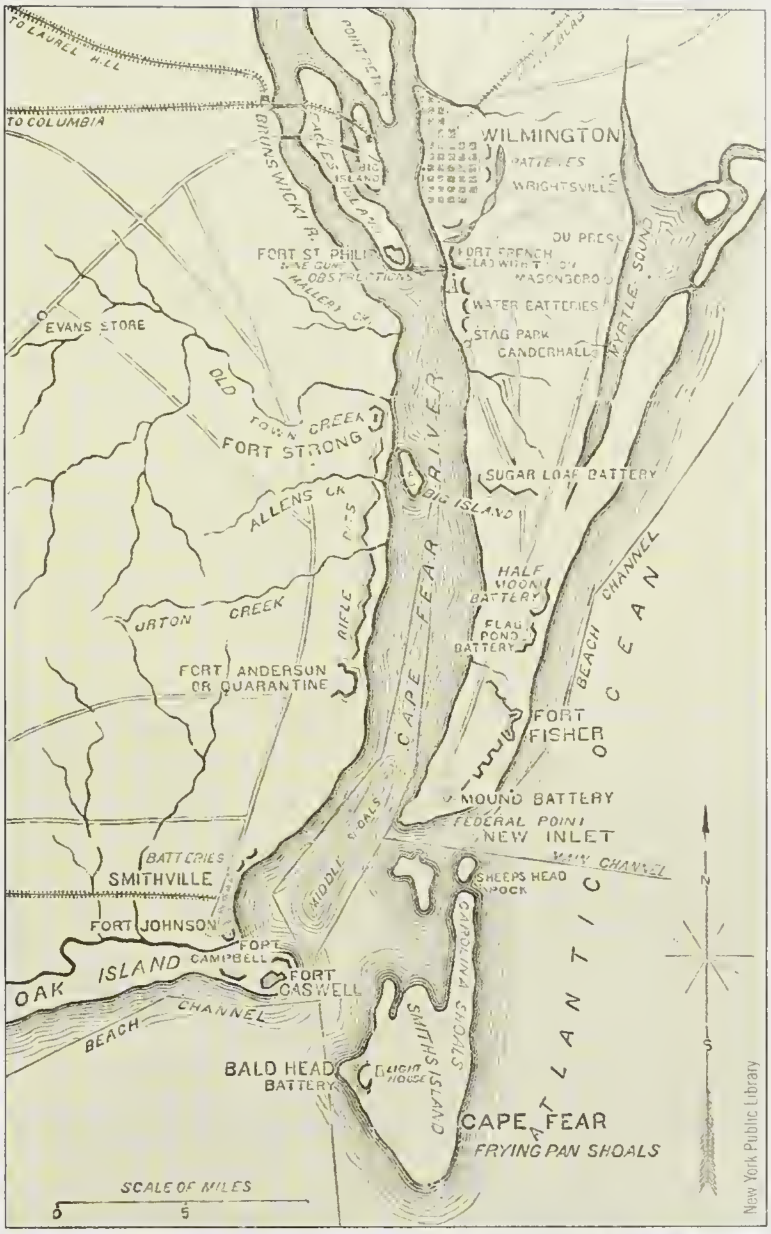
"There are some kinds of knowledge and understanding that can only be acquired through immersion and participation," says Kevin Cherry, North Carolina Deputy Secretary of Cultural Resources. "Historic sites seek to provide the environment for that kind of learning."

Joan Wenner, J.D. is a longtime Civil War history and maritime writer who currently lives in Pitt County.

Fort Fisher State Historic Site

1610 Ft. Fisher Blvd. South, Kure Beach
910-458-5538 | nchistoricsites.org/fisher

Once retrieved, artifacts from the Frye will be exhibited at the Fort Fisher museum. Admission is free, but check online for hours and exhibit updates. Make it a full day: The North Carolina Aquarium at Fort Fisher is just down the road.


TO LAUREL HILL
TO COLUMBIA
WILMINGTON
BATTERIES
WRIGHTSVILLE
BRUNSWICK R.
EAGLES ISLAND
BIG ISLAND
POINT PETER
FORT ST. PHILIP
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MALLERY CK.
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OLD TOWN CREEK
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HALF MOON BATTERY
FLAG POND BATTERY
BEACH CHANNEL
FORT ANDERSON OR QUARANTINE
FORT FISHER
ATLANTIC OCEAN
MOUND BATTERY
FEDERAL POINT
NEW INLET
MAIN CHANNEL
MIDDLE SHOALS
BATTERIES
SMITHVILLE
SHEEPS HEAD ROCK
FORT JOHNSON
FORT CAMPBELL
OAK ISLAND
FORT CASWELL
CHANNEL
BEACH
CAROLINA SHOALS
SMITHS ISLAND
BALD HEAD BATTERY
LIGHT HOUSE
CAPE FEAR
FRYING PAN SHOALS
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New York Public Library

Forging Recognition, Identity

On February 10, 1885, the American Indians now known as Lumbees were legally recognized by the General Assembly. The act designated the tribe as Croatan, which reflected the idea from the time that the group was descended from the "Lost Colony" settlers.

For many years, the government pushed American Indians of the Robeson County region to declare themselves either white or African American. They had to deny their heritage for their children to attend public schools. State recognition led the county to establish separate schools at all levels for tribal members.

Throughout the early 1900s, the tribe struggled to be recognized at the federal level and went through several name changes. In 1956, the state officially changed the tribe's name to Lumbee, recognized three years later by the U.S. Congress. The name comes from the Lumber River, which winds through their traditional homeland.

Learn more at lumbeetribe.com.

N.C. Museum of History

Lumbee family members outside their Robeson County home, circa 1895–1915.

North Carolina

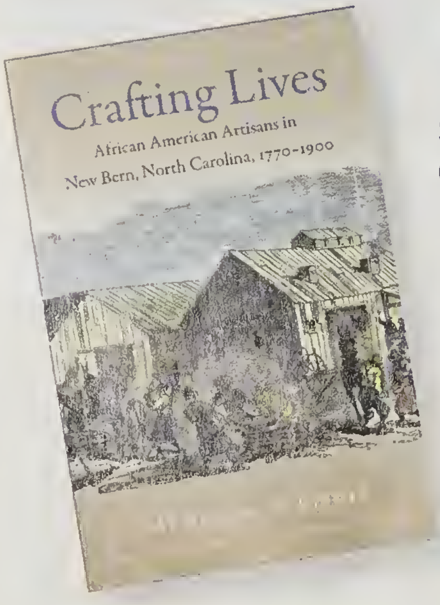
See, Snap, Share!

EcoExplore is a fun, new pilot program for grades K–8. It's conducted by The North Carolina Arboretum in Asheville, but kids anywhere in the state can participate. In a nutshell, participants sign up online, take photos of plants and animals with their smartphones or digital cameras and email their findings for scientists to use. Kids earn points for each observation they send, and can choose to redeem them for binoculars, insect nets, iPod Touch units and other scientific tools. (Currently, earned items must be picked up in Asheville.) Recently, participants who uploaded at least three photos were invited to the Arboretum, where they joined professional ornithologists in banding and releasing songbirds.

Kids can earn extra points by taking pictures at designated "hot spots" at the Arboretum and at gardens at public libraries in Buncombe County. Program director Jonathan Marchal expects to have new hot spots installed at Madison County libraries by this April and expand into at least five additional western N.C. counties by the end of 2018. Children can register at ecoexplore.net.

tar heel **lessons**

a guide to NC for teachers and students



Crafting Lives
African American Artisans in
New Bern, North Carolina, 1770–1900

Crafting Lives

From the colonial period onward, African American craftspeople in Southern cities played vital roles in their communities. Thousands of free and enslaved blacks worked as carpenters, coopers, dressmakers, blacksmiths, shoemakers, bricklayers, shipwrights, cabinetmakers and tailors. Yet only a very few have gained attention.

Historian Catherine W. Bishir offers an in-depth portrayal of the African American artisans in the port town of New Bern in "Crafting Lives." Bishir brings to life the men and women who employed their trade skills and community relationships to work for liberty and self-sufficiency, to establish and protect their families, and to assume leadership in churches, associations and in New Bern's dynamic political life during and after the Civil War. Hardcover, 392 pages with seven maps, $24.95; e-book $19.95. 800-848-6224 or uncpress.unc.edu

Do you know…

that lightning works the same way as a spark? It just happens on a massive scale. Lightning is created when water drops are churning around in a thundercloud. They gather either positive or negative electrical charges, so that soon one cloud may be positive and another cloud may be negative. The electrical pressure that builds up must be really high for lightning to start.

Field Trip!

The North Carolina Botanical Garden in Chapel Hill features display gardens that showcase the beauty and importance of N.C. native plants and habitats, nature trails, the Children's Wonder Garden, and a green education center with solar panels and rainwater cisterns. There is much to do in this nationally recognized, 1,000-acre gem that is part of the University of North Carolina at Chapel Hill. Children especially enjoy searching for Venus flytraps in the carnivorous plants collection, watching for frogs in the ponds, observing birds at the wildlife blind, and leaving notes for fairies and gnomes in the magic mailbox.

Hands-on, discovery-based field trips focused on plants and nature are offered for school groups in spring and fall. All programs align with N.C. and/or national education standards. To schedule a field trip, complete the online form at ncbg.unc.edu/school-tour-request. Fee is $2 per student.

The garden is open Tuesday through Sunday (except for university holidays). Admission is free. 919-962-0522 or ncbg.unc.edu.

NCBG

NCBG

NCBG

Strawberries: Three Facts

① In medieval times, people served strawberries on important occasions, to bring about prosperity and peace.

② Strawberries are the only fruit to wear their seeds on the outside. BTW: They aren't technically berries, because berries have their seeds inside. In fact, biologists consider each seed on a strawberry to be its own separate fruit. (So meta!)

③ American Indians mixed strawberries with cornmeal to make strawberry bread, which is believed to be a precursor to strawberry shortcake.

4-H Camps: Open to YOUth

Did you know you don't have to be a 4-H member to attend a North Carolina 4-H youth camp? Any youth can enroll in the 4-H camp programs through their county 4-H program or by open enrollment. Activities range widely, from team building/leadership skills and challenge courses to nature studies and recreational pursuits toward healthy living. The three camp centers in North Carolina are Millstone in Ellerbe (Piedmont–Sandhills); Betsy-Jeff Penn in Reidsville (Upper Piedmont); and Eastern 4-H in Columbia (Coast).

For camp information
nc4hcamps.org
millstone4hcamp.com
bjpenn4h.org
eastern4hcenter.org

To find 4-H clubs and programs near you
ces.ncsu.edu
Click on your county's link

Millstone 4-H Center

Eastern 4-H Center

Remember.

Teresa Rhyne McDonald with Tom the cat and Daisy the dog

An Inspiring Farm Life

Many years ago when I was a little girl, I had the privilege of growing up on my family's farm in the rural Piedmont area of North Carolina. The animals became my friends of encouragement and stability, helping me through times of feeling sad and lonely.

Pet names were given to many: Missy the cow, Poncho the angry bull, Cinnamon the white-faced calf, Funny Face the black and white runt pig, Sniffles the snow-white rabbit, Tom the yellow-haired cat, and Daisy the little brown dog.

At the end of my family's property was a winding creek that flowed with ice cold water. At times, friends and family would find their way to this refreshing place in the woods to enjoy playing and spending time together.

There's nothing quite like growing up on a farm and learning from the animals and nature. That's when I first came to the conclusion that there must be something or someone greater than us to have created such beauty and order in this world. That's when I first believed in the one and only true God, who is our Heavenly Father.

Teresa Rhyne McDonald, Dallas, a member of Rutherford EMC

A Kid-Chasing Cow

My younger brother and I had a little "spat" so Dad told us to go turn the cow loose so she could graze. We were to keep her out of Mom's garden and the fields. So, we watched the cow patiently. All of a sudden, the cow jumped, kicked up her hind feet and took off after us. I jumped behind the apple tree, but my brother took off down the road, with the cow right behind him. The cow had been stung by a wasp. I ran barefoot, my toe cut by a stone and bleeding. Mom was concerned about my brother so she sent our older brother to look for him. He came back shaking his head and laughing "Mom, that cow has brother treed. He's up in a dogwood tree and the cow is standing guard."

"Take the chain and go get them both," Mom calmly replied. We have laughed about this for years.

Louise Chabot, Fayetteville, a member of Lumbee River EMC

Harvey's Corner
Since 1948

Harvey's Corner

This legacy began way back in 1948. During that year, the late Rev. Jessie and Annie Ruth Harvey purchased 8 acres of land from Mr. Walter Hardy. The $150 cost at that time was a lot of money for the Harveys. The land was located right smack dab in the middle of the woods, with dirt roads and no electricity. With a handsaw and hammer, Rev. Harvey built a home by hand for his family. It took a lot of blood, sweat and tears to clear the land and remove tree stumps. Sometimes this work was completed by hand. Other times, he obtained help with those who owned bulldozers.

Rev. Harvey was a man with a vision, and he saw it through. He turned acres of woods into farmland. He raised tobacco, garden vegetables, sweet and white potatoes, peach and pear trees, grapes, plums and so much more. Meanwhile, his wife tended to the home by caring for the children and preparing meals three times a day.

As a sharecropper, Rev. Harvey often worked day and night to support his wife and children. Before food banks were established, he shared crops with other families in the community. He did this for many years to come while wearing multiple hats in the local church.

Rev. Harvey and Mrs. Harvey were married for 69 years. He lived to be 94 and she lived to be 95, and their lineage lives on. They left behind a good name and inheritance for their children and grandchildren. That's why I'm proud to say they were my parents. So if you're ever in the vicinity of Old Blounts Creek Road in Chocowinity, watch for the sign. We, the children, honor our parents in their legacy. Harvey's Corner is a well-known point of reference for people traveling through this area. So when you drive by, toot the horn. That's country hospitality as we know it.

Carrie Garrett, Chocowinity, a member of Tideland EMC

My Daddy's Trucks

My daddy owned two trucks in his lifetime. The first one he bought was a brand new black 1957 Chevrolet pickup. We farmed with that truck and went to church in that truck. It was really beginning to get crowded the older we got; but it was in good shape. He kept the '57 Chevy for 18 years.

He still had that truck when I started dating. One night, my date, who is now my husband, startled our bulldog, Mug. She ran after him until he escaped by jumping on top of daddy's truck. That was a "smart" bulldog.

In 1975, Daddy traded that '57 Chevy for a used 1972 Ford pickup. He kept that truck so long it was considered an antique and didn't have to be inspected anymore. Daddy died in October 2010 at age of 87. I kept that truck until 2014. A local businessman wanted the '72 Ford to completely restore it. I thought Daddy would like that. He was always grateful and took excellent care of anything he owned. I think that's due to the fact that he lived through the Great Depression.

Ann Williamson, Chadbourn, a member of Brunswick EMC

SEND US YOUR *Memories*

Guidelines:

- We'll pay $50 for those we publish.
- Approximately 200 words.
- Digital photos must be at least 600kb or 1200 by 800 pixels.
- Only one entry per household per month.
- Send a self-addressed, stamped envelope if you want yours returned.
- We retain reprint rights.
- Include your name, mailing address and the name of your electric cooperative. Also, your phone number or email address in case of questions.
- **Online:** carolinacountry.com/contact
  Email ("Memories" in subject line.): iremember@carolinacountry.com
  Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

Learning Not to Dress Jellybean

In 1962, the Easter bunny brought more than baskets filled with candy eggs. My sisters and I became caretakers of three baby chicks. I picked an Easter name for my Rhode Island Red, Jellybean. For weeks we dreamed of how sweet and productive our hens would be. Our chickens thrived on laying mash.

They also grew combs and started crowing.

Our egg dreams shattered, we still loved playing with our roosters. My sister Marcia dressed her rooster in baby doll clothes, and Nancy and I followed suit. Suddenly our roosters turned mean. Jellybean got so upset that he chased me, pecking and clawing. I climbed a tree to escape. Mother decided that was the last flap.

We were soon en route to the stable where we took riding lessons, clutching our roosters while feathers flew out the windows of our 1957 Chevrolet. Jellybean ran into the woods behind the barn, and I never saw him again. I never quit missing Jellybean though.

Fifty-four years later, I have a Rhode Island Red hen. My new Jellybean is up in years, but I do not care whether she lays eggs. We have an agreement: Jellybean will stay sweet. I will care for her, and I will never dress her in baby doll clothes.

Elizabeth Richardson, Mount Pleasant,
a member of Union Power

on the bookshelf

20 Minutes From Home

20 MINUTES FROM HOME

In this candid book, photojournalist Robert Ringham shares beautiful images and short musings about his responsibilities as a dad and caregiver of his wife, Peg, who has dementia. Ringham intersperses his poignant images with quotes from famous people and his own observations, tinged with hope, sadness, wry humor and wisdom. On one page, he shows an enormous tree that towers over an old shed—its facing page has musician Bob Dylan's quote: "Take care of all of your memories. For you cannot relieve them." On other pages, Ringham displays the fading, still colorful spokes of a wheel and notes how little time we really have. There are also memorable photographs of locals he encounters. Ringham once worked for the Chicago Sun-Times, and received the Peter Lisagor award for excellent photojournalism. Ringham is a member of Wake EMC and lives with Peg and their daughter in Franklinton. He is donating one hundred percent of the book's proceeds to the Alzheimer's Association. Printed and distributed by Ingram Sparks. Hardcover, 79 pages, $24.95.

919-435-1843 | page158books.com

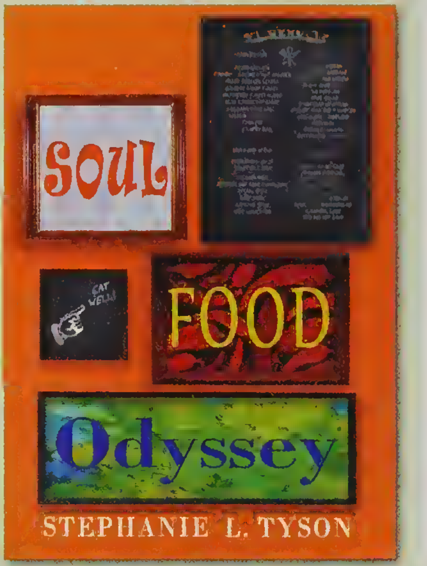
The Land of Oz

Images of Modern America
THE LAND OF OZ
Tim Hollis

In 1966, N.C. tourism moguls and brothers Grover, Harry, and Spencer Robbins began exploring ways to utilize their new ski facilities on Beech Mountain during the summer. They brought in their associate, Jack Pentes, to come up with an idea. As a long-time Wizard of Oz movie fan, Pentes planned and developed the Land of Oz theme park. It opened in June 1970. The park didn't resemble the famous 1939 MGM movie or the Oz as depicted in L. Frank Baum's book. Instead, Pentes interpreted his own imaginative vision of Oz, with a comical Wicked Witch and a wizard who wasn't a fake. There were hot air balloon rides, a theatre, tour guides dressed like Dorothy and a yellow brick road. The Land of Oz closed after its 1980 operating season and was left to deteriorate. Since 1990, however, its remnants have been restored and the property is available for special events. A giant Oz celebration takes place each autumn. Softcover, 96 pages, 200 color images, $22.99; various e-books available, $7.99 (Amazon.com's Kindle store).

1-844-882-1651 | arcadiapublishing.com

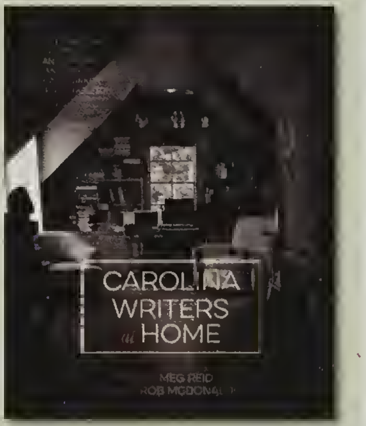
Soul Food Odyssey



Chef Stephanie Tyson takes readers on a journey to find the food her grandmother called "sumntaeat." The recipes she shares include meat dishes ranging from stewed turkey wings and pot roast to a Low Country boil and what Tyson calls "stone soul sides" such as crackling cornbread and hoecakes. There's also different kinds of greens; soups and stews including oxtail and fish head stew, and "Everything in It Vegetable Soup." You can also learn how to cook various parts of a pig from "the router to the tooter" and make desserts "to sell your soul for." Tyson is the chef and co-owner of Sweet Potatoes, an acclaimed restaurant in Winston-Salem. Color photos pepper her book, and her humorous comments reflect her wit as well as her deep appreciation of soul food. Softcover, 168 pages, $19.95.

800-222-9796 | blairpub.com

Carolina Writers at Home



This unique collection of true stories showcases the houses where notable Southern authors have forged their writing lives. Edited by Meg Reid, the homes in these 25 essays range from the classic bungalow and mid-century modern ranch house to wilder locales: A church, a trailer, and a sparsely-inhabited barrier island. From the simple pleasures of Cassandra King's writing room to the humorous and sometimes scary intrusions of wildlife in George Singleton's realm, this unique anthology invites the reader to see what makes people's houses truly their own. Other contributors include Jill McCorkle, Nikky Finney, Allan Gurganus, Clyde Edgerton and Michael Parker. Photographer Rob McDonald's black and white images capture the writers in their habitat, preserving their distinct personalities as well as the character of the place they inhabit. Published by Hub City Press. Hardcover, 224 pages, $34.95. Softcover, $24.95.

864-577-9349 | hubcity.org

Carolina Country Store features interesting, useful products, services, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, email editor@carolinacountry.com with a description, prices and high-resolution color pictures. Those who submit must be able to handle mail orders.

Prefer to support independent bookstores? You can cross-reference books and local shops where they are sold by visiting **indiebound.org**.

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Innovative designers have created a home elevator that can be easily installed almost anywhere in your home by our professional team without an expensive shaft-way. Its small "footprint" and self-contained lift mechanism adds convenience and value to your home and quality to your life. It's called the Easy Climber® Elevator. Call us now and we can tell you just how simple it is to own.

For many people, particularly seniors, climbing stairs can be a struggle and a health threat. Some have installed motorized stair lifts, but they block access to the stairs and are hardly an enhancement to your home's décor. By contrast, the Easy Climber® Elevator can be installed almost anywhere in your home. That way you can move easily and safely from floor to floor without struggling or worse yet… falling.

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Stan W. US war veteran and retired professor

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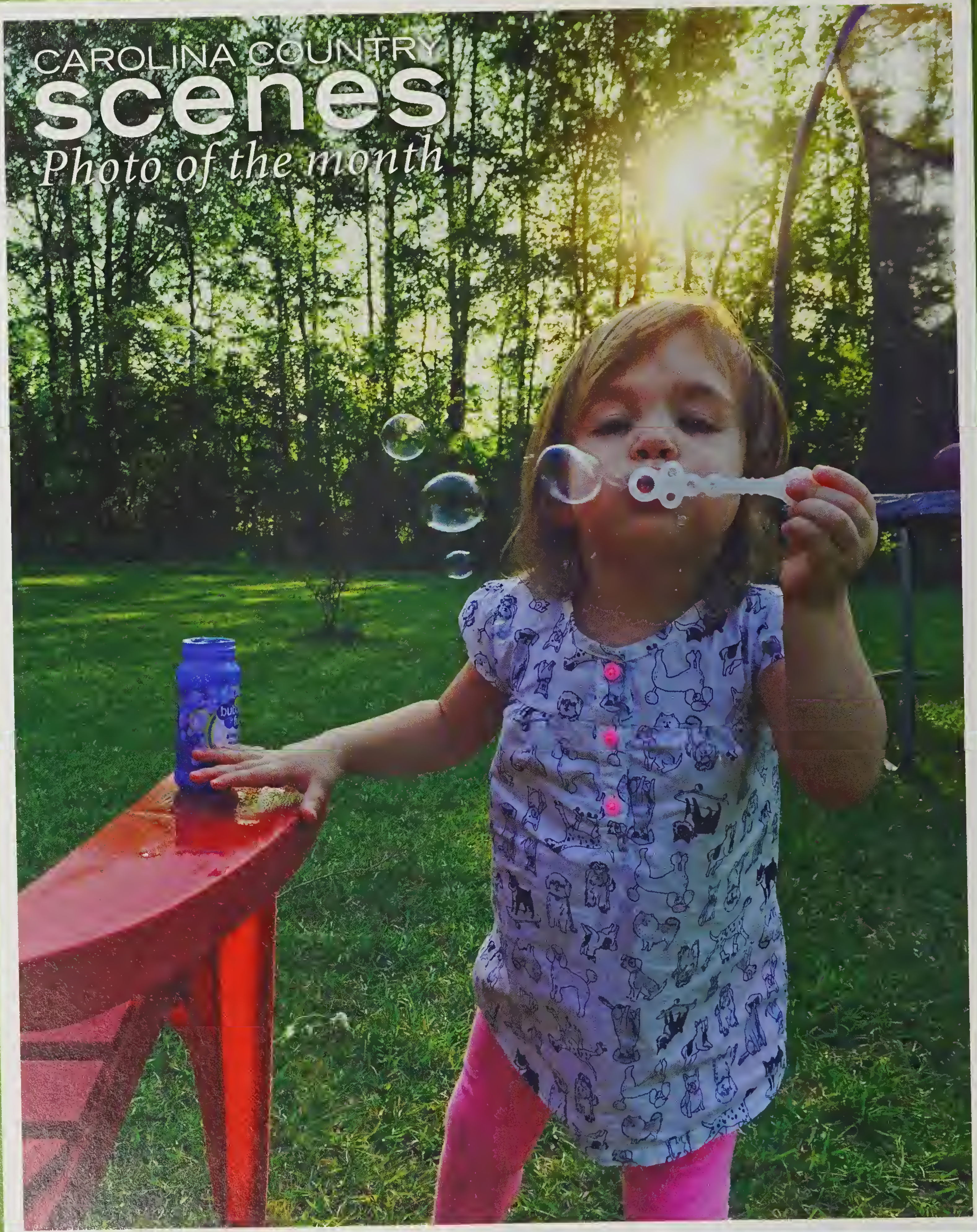
CAROLINA COUNTRY
scenes
Photo of the month



Blowin' Bubbles

Two-year-old Eleanor figures out how to blow bubbles for the first time. It was a beautiful spring evening and she was determined to blow bubbles all by herself.

Diana Michaud, Fayetteville, a member of South River EMC

The Photo of the Month comes from those who scored an honorable mention from the judges in our 2016 photo contest ("Carolina Country Scenes," February 2017). See even more Photos of the Week on our website **carolinacountry.com**.

Finally... A scooter that loads itself in and out of your car.

Introducing the Quingo® Flyte - the powerful, portable mobility scooter that you never have to lift. Now featuring patented 5-Wheel Anti-Tip Technology.

It's a sad fact. Many people who have mobility issues and could benefit from a scooter aren't able to use them away from home. Struggling to get it into a car or loading it onto a bumper-mounted lift just isn't worth the effort. Now, there's a better scooter, the Quingo® Flyte. It's easy to use, even for one person, and requires no more effort than closing a car's tailgate. Clever design enables it to fit into SUV's, mini-vans, crossovers and hatchbacks.

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– Judi K, Exeter, CA

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April Events

Opening Day Celebration
April 7, Blowing Rock

Mountains

Pysanky Demonstration
Ukrainian Easter Eggs
April 7, Asheville
828-253-7651
grovewood.com

Opening Day Celebration
Tweetsie RR's 60th season
April 7, Blowing Rock
877-898-3874
tweetsie.com

Tour for Life
Animal adoption event
April 9, Boone
828-266-4893
wataugahumane.org

Easter Hat Parade
April 15, Dillsboro
404-237-3761
discoverjacksonnc.com

Earth Day Festival
April 22, Kings Mountain
704-739-9663
kmgatewaytrails.org

Wet Felting Demo
Includes jewelry compositions
April 22, Asheville
828-253-7651
grovewood.com

Apple Country Cider Jam
April 22, Hendersonville
800-828-4244
visithendersonvillenc.com

Relief Fund Benefit
Helps artists in emergencies
April 22, Asheville
828-253-7651
grovewood.com

Family Farm Day
April 22, Huntersville
704-875-2312
lattaplantation.org

Car & Bike Show
April 22, Hickory
828-217-5246
ncpinkheals.com

Snips
Fundraiser for spay neutering
April 27, Boone
828-264-7865
wataugahumanesociety.org

Silver Threads
Judged quilt show
April 28–29, Lincolnton
704-735-7523
jeanhfunderburk@gmail.com

Spring Plant Sale
April 28–29, Hendersonville
828-698-6104
bullingtongardens.org

The Burnsville Metric
Cyclists kick off riding season
April 29, Burnsville
828-682-7413
burnsvillemetric.com

KNOW BEFORE YOU GO
In case something changes after Carolina Country goes to press, check information from the contact listed.

DIGITAL EXTRAS

carolinacountry.com/calendar
See more events online with photos, descriptions, maps and directions.

MOUNTAINS
77
PIEDMONT
95
COAST

Listing Deadlines:
For June: April 25
For July: May 25

Submit Listings Online:
Visit carolinacountry.com/calendar to add your event to the magazine and/or our website. *(No email or U.S. Mail.)*

Pysanky Demonstration
April 7, Asheville

ONGOING

Depot Music
Through May 25, Marion
828-652-2215
freddiek@frontier.com

Visions of Nature
Brad Stroman's paintings
April 15–May 21, Asheville
828-253-7651
grovewood.com

Piedmont

Spring Frolic
April 1, Salisbury
704-633-5946
rowanmuseum.org

5-Mile Yard Sale
April 8, Carthage
910-638-9006
fatman@netzero.net

Spring Book Sale
April 6–8, Roxboro
336-597-7881
library.personcounty.net

Step into the Arts
N.C.-themed festival
April 6–8, Roxboro
336-322-2104
piedmontcc.edu/stepintothearts

Antique Power Festival
Engines, tractors, lawn mowers
April 7–8, Albemarle
704-982-7896
claylittle@ctc.net

Firefest
Fire's role in creating art
April 7–8, Star
910-428-9001
starworksnc.org

The Burnsville Metric
April 29, Burnsville

AsONE Prayer Walk
April 8, Fayetteville
910-703-7504
asoneprayerwalk.org

Land of My Ancestors
Presentation by artist
April 11, Salisbury
704-633-5946
rowanmuseum.org

Glenn Davis Memorial Concert
April 11, Asheboro
336-465-1151
larrygdavismusic.com

Rain: A Tribute to the Beatles
April 11, Fayetteville
910-438-4100
crowncomplexnc.com

Military Vehicle & Collector Show
April 13–15, Denton
336-859-2755
dentonfarmpark.com

Tattoo Convention
Showcasing artists' talents
April 14–16, Fayetteville
910-850-2566
allamericantattooconvention.com

Livestock Show & Sale
April 19–20, Hillsborough
919-245-2050
piedmontlivestockshow.org

Mint Hill Rodeo
Western rodeo, raffles
April 21–22, Mint Hill
704-573-0726
minthillhistory.com

Spring Market
Antiques, vendors, food, music
April 22, Troy
910-571-0815
frontporchpickinnc.com

Union County Heritage Festival
April 22, Monroe
704-283-3822
mastergardenersunioncountync.org

Franklin County Homes Tour
Plantation, 18th–20th Century homes
April 22–23, In/near Louisburg
919-495-1742
personplace.org

Celebration of Spring
Pottery Tour
April 22–23, Seagrove
336-707-9124
discoverseagrove.com

Master Gardener Spring Plant Sale
April 22–24, Clemmons
336-682-6792
teresalowry65@gmail.com

Art Crawl
April 28, Statesville
704-878-3436
downtownstatesvillenc.org

STANDARD
ESSO
DEALER
Military Vehicle & Collector Show
April 13–15, Denton

oonlight
Herbs
HerbFest
April 21–30, Wake Forest

Franklin County Homes Tour, April 22–23, Louisburg
The Person Place Preservation Society is holding its 8th biennial Franklin County Homes Tour in and around Louisburg. Boasting a complete collection of outbuildings, the restored Woodleaf Plantation (circa 1838) is one of the notable treasures on the tour. On Saturday, tour participants also can enjoy an antique automobile show that includes a 1921 fire truck ("Old Maude"). Tickets are $18 in advance, $20 day of tour. 919-495-1742 or **personplace.org**.

Dogwood Festival
Amusement rides, music
April 28–30, Fayetteville
910-323-1934
faydogwoodfestival.com

Civil War Symposium
April 29, Charlotte
704-568-1774
charlottemuseum.org

Duck Derby 5K
April 30, Fayetteville
910-483-5944
duckrace.com/fayettevilleduckderby

ONGOING

Air Made Visible
Art illustration
Through April 23, Raleigh
919-494-3209
particlefallsral.org

Baskerville: A Sherlock Holmes Mystery
April 6–23, Fayetteville
910-323-4234
cfrt.org

Artquilts
Display of innovative works
April 20–June 24, Cary
919-460-4963
townofcary.org

HerbFest
April 21–23, 28–30, Wake Forest
919-570-0350
herbfest.net

Coast

Youth Arts Festival
April 1, Greenville
252-328-6131
ecu.edu

Friday Artwalk
April 7, Greenville
252-561-8400
uptowngreenville.com

PirateFest
Music, carnival, swashbuckling
April 7–8, Greenville
252-561-8400
piratefestnc.com

Miss Murple's Last Case
Murder mystery
April 7–9, Oriental
252-249-0477
oldtheater.org

Balsam Range
Singers/musicians
April 8, Oriental
252-617-2125
pamlicomusic.org

Harlem Nights
Roaring 20's Experience
April 8–9, Fayetteville
910-988-7880
ukoaka1908.com

Beets
Kale
Escarole

There are more than 250 farmers markets in North Carolina. For one near you, visit **bit.ly/NCfarmmarkets**

Craft & Vendor Bazaar
Fire department event
April 8, Rocky Mount
252-813-2571
spridgen02@aol.com

Spring Market
April 13, Sunset Beach
910-240-2168
thewaterfrontmarkets.com

African American Music Series
Carroll Dashiell & CVD Ensemble
April 14, Greenville
252-551-6941
pittcountyarts.org

Walk to Defeat ALS
April 15, Greenville
919-390-0121
web.alsa.org/downeast

Shad Festival
April 18–23, Grifton
252-560-7828
griftonshadfestival.com

Boogie on Broad
With the Embers
April 21, Edenton
252-333-0655
mainstreetedenton.com

Billy Taylor Gala Concert
April 21, Greenville
252-328-4788
ecu.edu

Master Gardener Plant Sale
April 21–22, Bolivia
910-253-2610
bcmgva.org

Pilgrimage Tour
Homes, carriage rides
Apr. 21–22, Edenton
252-482-7800
edentonpilgrimage.org

In-Water Boat Show
Vendors, flea market
April 21–23, Oriental
252-249-0228
orientalboatshow.com

TinyHouse NC Street Festival
April 21–23, Pink Hill
(757) 359–9095
tinyhousencstreetfestival.com

Lighthouse Run
April 22, Oak Island
910-457-6964
oakislandlighthouserun.com

Down East Hamfest
April 22, Kinston
252-347-1498
bhighland@nc.rr.com

Pilgrimage Brunch
April 23, Edenton
252-482-2606
linksatmulberryhill.com

Dogwood Festival
April 28–30, Farmville
252-753-5814
farmvilledogwoodfest.com

Days at the Dock
Craft vendors, races, fun run
Apr. 29–30, Holden Beach
910–5238523
greaterholdenbeachmerchants.com

All About Kidz!
Summertime opportunities
April 29, Belville
910-383-0553
nbchamberofcommerce.com

Pre-Civil War Houses
Historian's presentation
April 30, Oriental
252-249-3340
museum@dockline.net

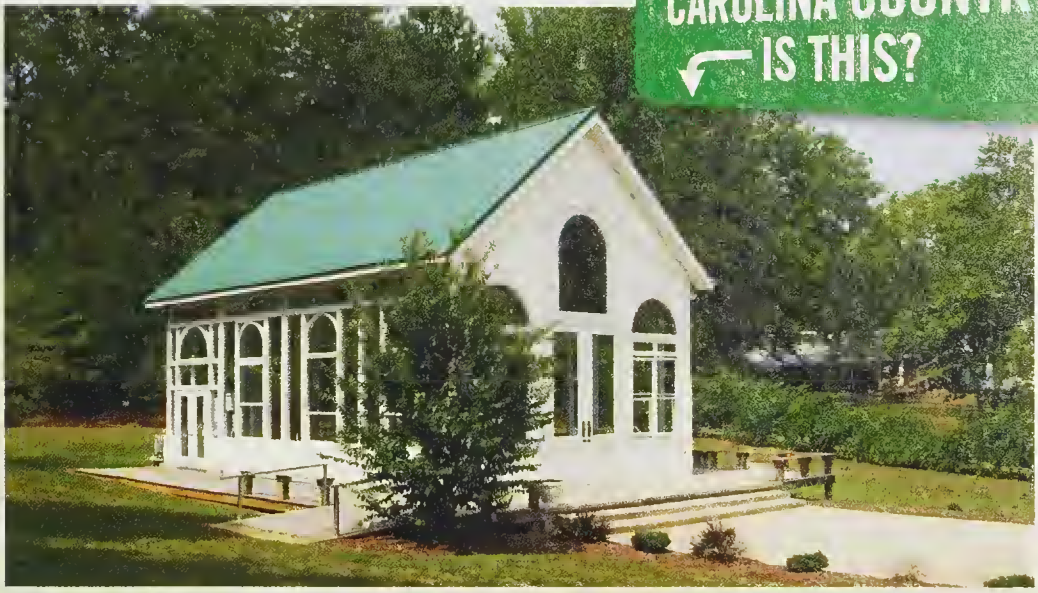
ONGOING

The Stone Rolled Away
Easter show
Through April 18, Edenton
252-482-4621
rockyhockplayhouse.com

Art Show
Through April 20, Manteo
252-475-1500
roanokeisland.com

Pilgrimage Tour
Apr. 21–22, Edenton

WHERE IN CAROLINA COUNTRY IS THIS?



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by April 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our May issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

March

March winner

The March Where is This photo taken by Albemarle EMC member Steven Levie features railroad tracks over the Pasquotank River that provide passage for the Chesapeake Albemarle Railroad in Camden County. This scenic shot proved tricky for readers, with more wrong answers submitted than correct ones. The most popular wrong answer believed the trussel to be located over the Pamlico River near Washington. The Perquimans River crossing near Hertford was also a popular choice. A few guessed a bridge near High Rock Lake in Davidson and Rowan counties. One correct entry from reader Don MacMorris had details: "This photo appears to be taken from a boat headed south on the Pasquotank River from the Dismal Swamp towards the Albemarle Sound, not too far north of Elizabeth City. ... The river bank on the left would be Camden County and on the right would be Pasquotank County." The winning entry chosen at random from all the correct submissions came from Heath Canada of Newport, a Carteret-Craven Electric Cooperative member.

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By L.A. Jackson

Lucifer Crocosmia

Crocosmia: A Summer Sizzler

C'mon, you can say it: Crocosmia. That's "crow-KOS-me-ah." Try it again out loud. Now that you are comfortable pronouncing the strange name of this beautiful bulbous plant in public, let its blooming glory be seen in your garden this summer.

This deer-resistant pretty is certainly worth the planting space in any ornamental bed. As its small flowers begin to open, they resemble the trumpet-shaped blossoms of honeysuckles. However, the petals continue to open and bend back until each flower fully parades its pistil and stamens into the four winds. The blossoms are displayed on drooping fans held up by 30- to 36-inch tall, arching stems that bob in the slightest breeze and showcase as many as 50 blooms per stem.

And color! Imagine the red of a fire truck, and then make it even brighter—that's the flowers of Lucifer, a devil of a cultivar that literally glows in a perennial border. It gets plenty of visual competition from the crackling crimson of Mistral. More hot hues radiate from Emily McKenzie with her orange blooms and simmering, reddish brown centers, while a calmer color can be had with George Davidson, which displays sedate, lemon-yellow flowers.

Crocosmia corms, which are hardy in the Southeast, are best planted in late April to mid-May. The plants bloom in midsummer, but sometimes they are shy about putting on a big flower show their first year in the garden. By the second year, however, they are usually in full flaunt.

For the best bloom production, situate the corms in a site that receives full sun with, if possible, a bit of shade later in the afternoon. Also, improve the planting site by incorporating plenty of compost or quality topsoil as well as a little bit of high-phosphorus fertilizer while preparing the bed. And when the summer begins to simmer in June, add a 2 to 3-inch topping of mulch to help stabilize soil temperatures and conserve ground moisture.

Once happy and established, crocosmias readily multiply. To prevent overcrowding, which could result in a downturn in flower production, lift and divide the corms every two to three years. A good time to do this is in the spring when young sprouts from the corms just begin to emerge from the soil.

L.A. Jackson is the former editor of Carolina Gardener magazine. Contact L.A. at lajackson1@gmail.com.

Garden To Do's for April

April is a good time to plant forever—well, at least forever flowers. The blooms of so-called "everlastings," such as celosia, gomphrena, yarrow, globe thistle, liatris, statice and strawflower, are easily dried and hold up quite well in indoor arrangements. The best way to dehydrate them is by hanging small batches upside down in a warm, dark, dry location such as an attic or unlit garage until they feel crispy to the touch—depending on the flower, usually one to three weeks.

☐ Want the best production of fancy foliage from caladiums? Remember that caladiums, while pretty, are hogs—they need generous amounts of water and fertilizer on a regular basis in order to continue producing swanky new leaves through the growing season.

☐ When adding tomato transplants to the spring veggie garden, take advantage of the warm soil close to the surface (which induces root growth) by planting the tomatoes parallel to the ground in trenches rather than deep holes. For an even stronger root system, bury all but the upper 3 to 4 inches of each plant.

L.A. Jackson

Yarrow

☐ Go wild. Incorporate into your landscape dependable native wildflowers such as turtlehead, ironweed, or cardinal flower that really stand out in planting beds with eye-catching blooms.

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Designed by a WWII veteran using his soldier son as a model, this image is a direct connection to the tragic Vietnam War.

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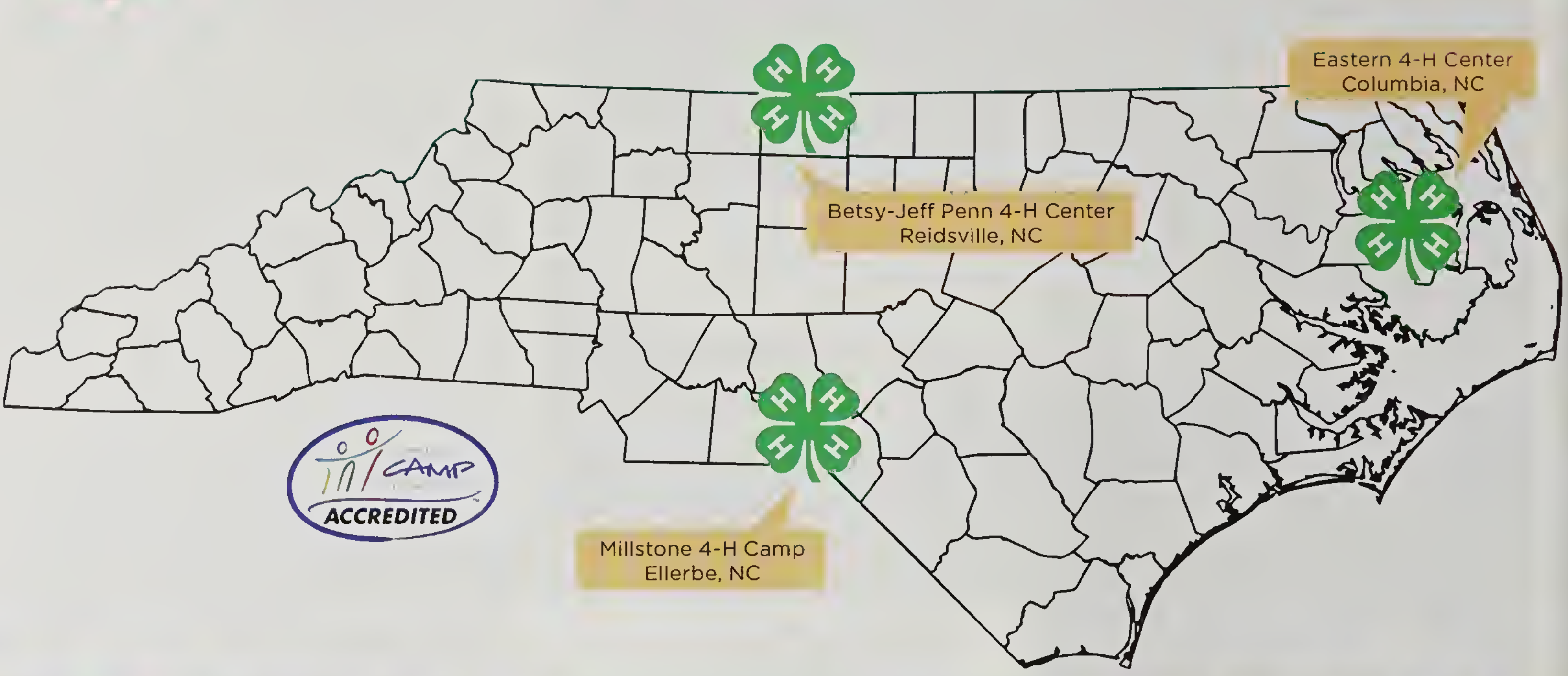
4-H SUMMER CAMPS

NC STATE UNIVERSITY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Columbia, NC
Betsy-Jeff Penn 4-H Center
Reidsville, NC
Millstone 4-H Camp
Ellerbe, NC
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- Meeting Facilities
- Rec Halls
- Cabins

- Archery
- Trails
- Campfire Circles
- Environmental Education Programs & Activities
- Teambuilding & Challenge Courses
- Swimming
- Canoeing
- Arts & Crafts
- Outdoor Education Programs
- Outdoor Living Skills
- Shooting Sports

HOW DO CAMPERS REGISTER FOR CAMP?

Youth do **NOT** have to be a 4-H club member to attend camp. To enroll, contact your county 4-H Agent at the Cooperative Extension Service office. **OR Register Online** at www.nc4hcamps.org

Betsy-Jeff Penn 4-H Educational Center

336-349-9445
bjpenn4h.org

252-797-4800
eastern4hcenter.org

Eastern 4-H Environmental Education Conference Center

4-H Camp Millstone 1939 Ellerbe, NC

910-652-5905
millstone4hcamp.com

Baby on Board?

Preparation is key to traveling with an infant

Whether it's a quick weekend away or a weeklong adventure, family travel is a great way to bond and create memories. However, if you have an infant, you may be hesitant to pack all those bags and venture to the unknown.

"With their love of a set schedule and the familiar, plus loads of gear, babies are natural homebodies," says Sandra Gordon, a blogger at babyproductsmom.com. Still, they can be surprisingly adaptable, she says. "The trick is to come prepared, so everyone can enjoy both the journey and the destination."

Here are some of her tips to make infant travel easier:

Prepare the diaper bag

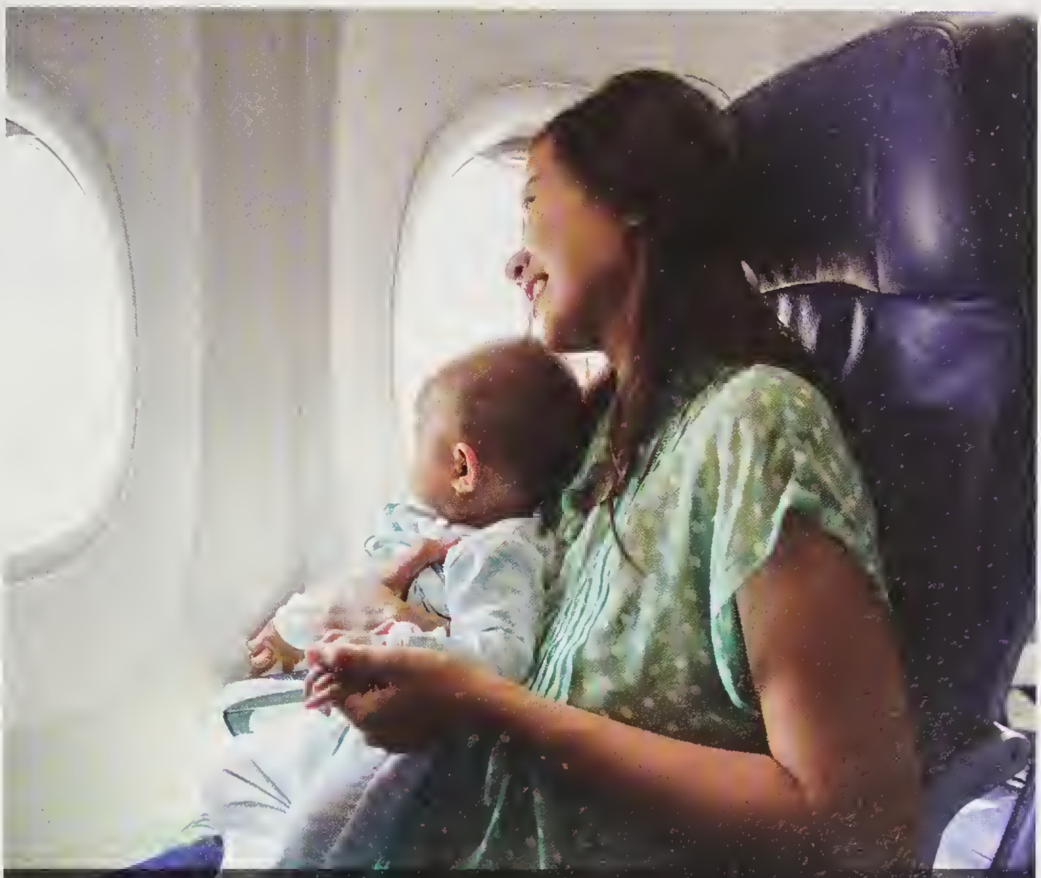
Pack things your baby uses and also might need, including diapers, wipes, a change of clothes, snacks, toys, a pacifier, feeding supplies, infant formula and large zip-top plastic bags for dirty bottles, clothes, etc. An extra shirt for yourself is a smart addition, too (just in case). If you are breastfeeding and prefer privacy, remember a cover or blanket. The diaper bag is an essential carry-on.

Pre-measure formula powder

If you are formula-feeding, pack two to four bottles with pre-measured, dry baby formula that you can mix with bottled water at feeding time. This can make for no-stress mixing whether on the plane or just out for the day.

Bring a prepared bottle

This is particularly helpful if you are flying. It can keep your baby content during the lengthy airport check-in and relieve his or her ear pressure during takeoff. You can take more than 3.4 ounces of infant formula or breast milk through airport security. Just be sure to tell the transportation security officer that you have medically necessary liquids at the beginning of the checkpoint screening process. Visit bit.ly/TSA-Children for more info on flying with children.



Carefully choosing travel times can help you avoid problems.

Split up your stuff

When packing bags you plan to check at the airport, split up the contents so each suitcase has one basic outfit for other family members, including your baby's. That way, if a bag is lost, everyone will have something to wear until the bag is found. Essentials such as medicine should be packed in a carry-on bag.

Stick to baby's schedule when possible

Try travelling around nap time for domestic flights or at bedtime for international flights. Bring along a favorite stuffed animal or blanket that your infant normally sleeps with.

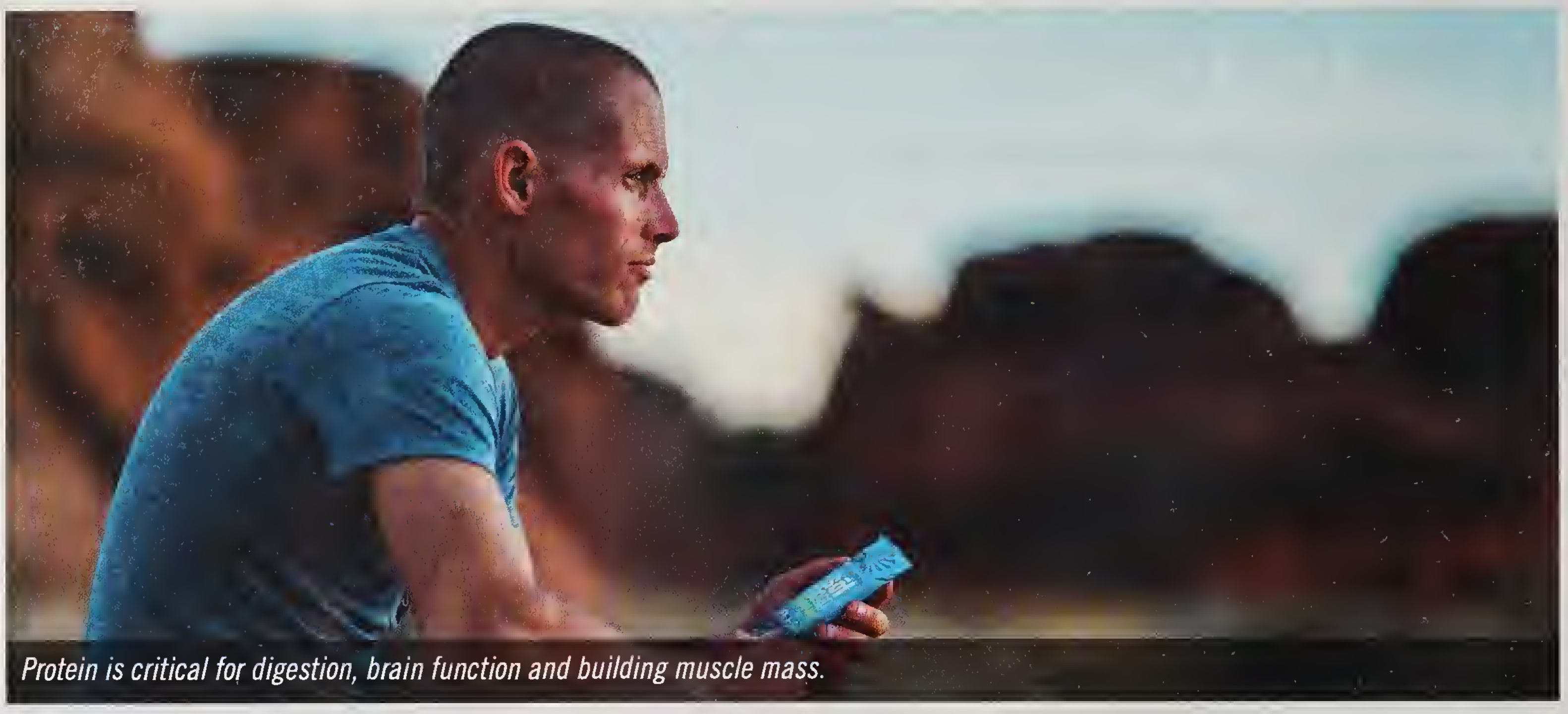
Avoid popular travel times

Avoid crowds and save money by traveling on slower days. The day before holidays will always be hectic, so opt to fly two to three days before or after (or try on the holiday itself) and you'll also enjoy cheaper ticket prices. For non-holiday travel, avoid early-morning flights on weekdays so you don't have to compete with harried business travelers.

Rent gear at your destination

If you can't bring all your baby gear, consider renting items. Ask your hotel about options in the area or research it yourself ahead of time. Weigh the extra costs of checking items on an airplane against rental fees, along with the potential hassle of each scenario.

—Brandpoint



Protein is critical for digestion, brain function and building muscle mass.

Getting Enough Protein

Six ways to increase your intake without meat

Protein is an essential part of any diet, particularly for those who are physically active. And while you can always turn to chicken, meat or fish, you may be seeking ways to boost your protein intake without meat. Whether you are looking to reduce your meat intake or going entirely meat-free, here are six ways to skip the burger today and still get a sufficient dose of protein.

1 A classic staple

Rice and beans are simple to prepare and affordable. And when legumes are paired with grains, they form a complete protein. Your meals can be flavored in a variety of ways with spices, such as turmeric, cumin and cayenne that can add important health benefits of their own. Cooked beans with high amounts of protein include lentils, navy, black and pinto beans.

2 Grab-and-go

Need a quick breakfast solution, on-the-go snack or after workout dose of protein? Think smart protein bars. There are many to choose from, including Sol Good Protein Bars (Sunwarrior.com). These bars have 19 grams of protein each, and are soy-free, gluten-free, non-GMO, dairy-free and vegan. If you enjoy baking, you can easily find home protein bar recipes on the internet.

3 Incredible and edible

Eggs are among nature's best foods. There are 6 grams of protein in one 70-calorie egg, and eggs are also a good source of heart-healthy monounsaturated and polyunsaturated fats. You can always scramble a couple at home, but boiled eggs are also a good choice, especially if you are packing your lunch. Try a pair of boiled eggs with crackers, carrots and your choice of fruit for an easy, tasty lunch.

4 Dip it

Not just a delicious snack or appetizer, hummus atop pita or veggies is also a good source of protein. Whether you go for a store-bought variety or whip up your own batch, there are many ways to jazz up your dip with add-ons like roasted red peppers, fresh herbs or even pine nuts (bonus protein)!

5 The perfect pair

A peanut butter and jelly sandwich takes seconds to make, is satisfying, and delivers the protein you need midday to make it to your next meal. Go with the classic construction or try fresh fruit such as slices of banana or strawberry in place of jelly for extra fiber and nutrients. If you need a bit more moisture, try a drizzle of honey. If you're at home, make your sandwich gooey and extra delicious by grilling it.

6 Simple swap

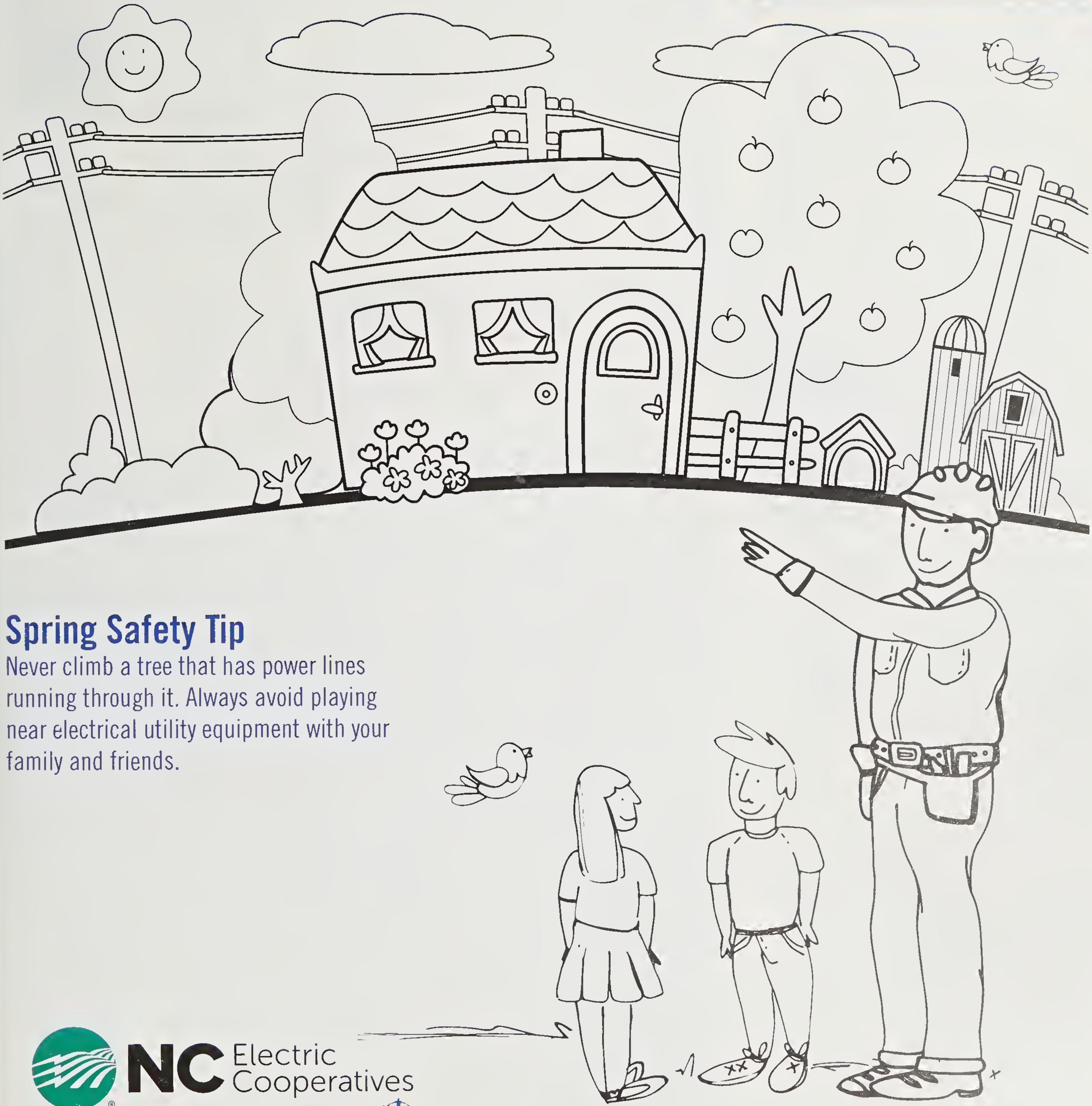
When making a stir-fry, stew or soup, use tofu, tempeh or seitan in place of meat. These ingredients are high-protein additions and easy to prepare. They also take on the flavors of the spices, sauces and broth with which you are cooking.

—StatePoint

Safety Activity

Spring Safety Coloring Sheet

Energy Explorers



Spring Safety Tip

Never climb a tree that has power lines running through it. Always avoid playing near electrical utility equipment with your family and friends.

NC Electric Cooperatives

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Illuminating Décor

Get your glow on with these DIY projects

When your home décor needs an upgrade but ready-made items aren't in your budget, DIY projects can be an easy and affordable solution. A simple way to enhance the character of a room is with lighted elements.

Add a glistening, on-trend look with a lighted canvas, which features twinkling lights that dance on shimmering glitter to lend a glam look. The project, designed by crafting experts, can be adapted to any palette. Just change out the color of the glitter to match the hues in your favorite room.

For a charming, subtle accent, this frosted jar and doily not only adds quaint flair — the jar also provides a soft glow of light. It's perfect nestled on a shelf or sitting atop a dresser with similarly styled items.

Find more ideas for creative projects at joann.com.

Frosted Ball Jar With Doily

Crafting time: 1–2 hours
Skill level: Intermediate

Supplies and tools

Glass jar (1-quart)
Frosted glass spray
Doily (8- to 10-inch diameter)
Spray adhesive
Hemp twine
⅛-inch ribbon
Battery-powered tea light

Follow manufacturer's directions and spray the jar completely with frosted glass spray. Allow to dry completely. Spray working side of doily with adhesive. Press doily to jar, smoothing out any wrinkles. Allow to dry thoroughly.

Use twine and ribbon to embellish top. Place battery-powered tea light inside.

Glitter and Lights Canvas

Crafting time: 3–5 hours
Skill level: Intermediate

Supplies and tools

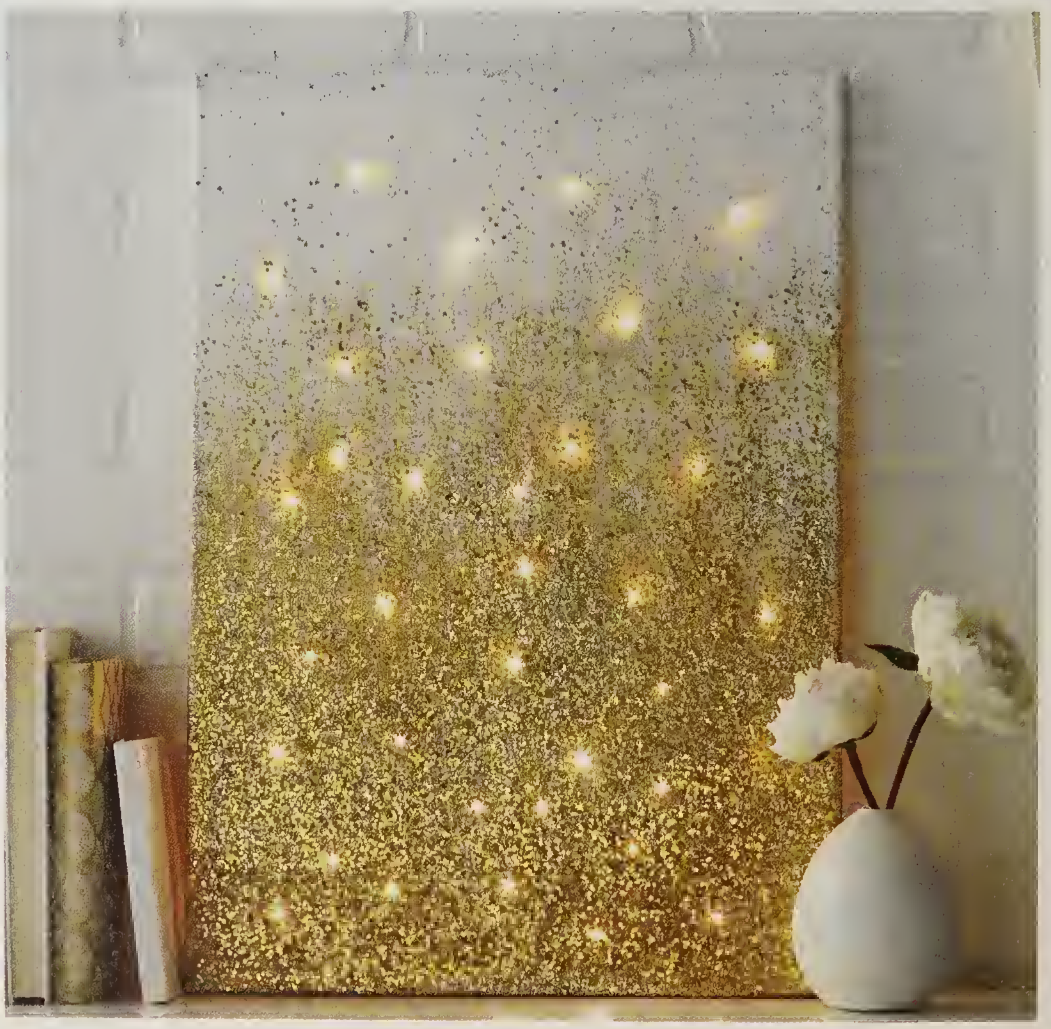
Foam brush
18-by-24-inch canvas
Decoupage medium (like Mod Podge)
Ultra-fine to coarse gold glitter
Craft knife
3 packages battery-operated, warm white LED moon lights
Duct tape
Protected work surface

Use foam brush to cover entire canvas with layer of decoupage medium.

Working 12 inches from canvas, dust canvas with glitter. Apply glitter so bottom is fully covered, fading into less glitter at top to create an ombre effect. Apply additional layers of glitter to achieve a thick consistency at bottom. Mix different colors and/or types of glitters together to create dimension.

Apply thin layer of decoupage medium over entire canvas to seal glitter. *Tip: Ensure base layer is completely dry before applying top coat to avoid smearing glitter.*

Poke small hole in back of canvas with craft knife. Push tip of moon light through hole and secure in place with duct tape. Repeat, adding holes and lights over entire canvas. Continue ombre effect by placing more lights at bottom of canvas and less toward top. Apply layers of duct tape to hold lights securely in place on canvas.



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QUALITY TOOLS AT RIDICULOUSLY LOW PRICES

BADLAND ✂ SUPER COUPON

Customer Rating ★★★★★

12,000 LB. ELECTRIC WINCH WITH REMOTE CONTROL AND AUTOMATIC BRAKE

ITEM 61256/61889/60813 shown

12000 LB
BADLAND
BADLAND

Voted Best Winches in Quality & Price

SUPER COUPON $299.99

~~$379.99~~ comp at $752.99

SAVE $453

19965257

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19999587

SUPER COUPON

FREE

WITH ANY PURCHASE

3-1/2" SUPER BRIGHT NINE LED ALUMINUM FLASHLIGHT

ITEM 69052 shown
69111/62522
62573/53599

$4.97 VALUE

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20030724

drillmaster ✂ SUPER COUPON

SAVE 68%

1500 WATT DUAL TEMPERATURE HEAT GUN (572°/1112°)

ITEM 62340/62546
63104/96289 shown

SUPER COUPON $8.99

Customer Rating ★★★★

~~$12.99~~ comp at $28.83

20001129

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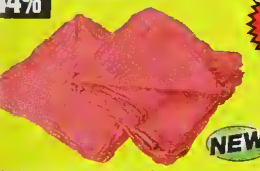
Grant's GARAGE ✂ SUPER COUPON

MECHANIC'S CHOICE SHOP TOWELS - PACK OF 50

AVE 4%

Customer Rating ★★★★★

SUPER COUPON $9.99



NEW ~~$12.99~~

TEM 63365/63360 shown

comp at $17.98

20083786

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CENTRALPNEUMATIC ✂ SUPER COUPON

3 GALLON, 100 PSI OILLESS AIR COMPRESSORS

A. HOT DOG
ITEM 69269/97080 shown

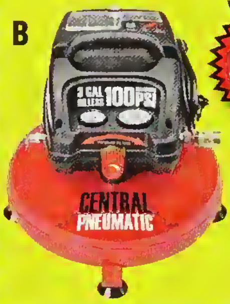
B. PANCAKE
ITEM 95275 shown
60637/61615

A

100 PSI
1/3 HP 3 GAL
CENTRAL PNEUMATIC

SAVE 59%

B



YOUR CHOICE $39.99

~~$59.99~~

comp at $98.62

Customer Rating ★★★½

20008290

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PITTSBURGH AUTOMOTIVE #1 SELLING JACKS IN AMERICA ✂ SUPER COUPON

RAPID PUMP® 3 TON HEAVY DUTY STEEL FLOOR JACK

ITEM 69227
62116/62584
68048 shown

PITTSBURGH
3 Ton

- Weighs 74 lbs.

SAVE $66

Customer Rating ★★★★★

SUPER COUPON $74.99

~~$84.99~~ comp at $141.88

20071173

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PITTSBURGH MOTORCYCLE ✂ SUPER COUPON

1500 LB. CAPACITY MOTORCYCLE LIFT

ITEM 61632/60536 shown

Customer Rating ★★★★½

SAVE $30

- Lift range: 5-1/4" to 17"

SUPER COUPON $69.99

~~$89.99~~ comp at $99.99

20000830

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HaulMaster ✂ SUPER COUPON

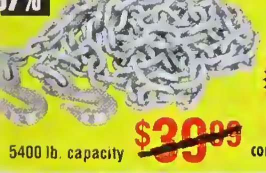
stomer Rating ★★★★

3/8" x 14 FT. GRADE 43 TOWING CHAIN

ITEM 60658/97711 shown

AVE 67%

Not for overhead lifting.



SUPER COUPON $19.99

5400 lb. capacity ~~$39.99~~ comp at $60.95

20027143

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WARRIOR ✂ SUPER COUPON

29 PIECE TITANIUM NITRIDE COATED HIGH SPEED STEEL DRILL BIT SET

SAVE 83%

ITEM 62281
61637 shown

Customer Rating ★★★★½

SUPER COUPON $9.99

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FOLDABLE ALUMINUM SPORTS CHAIR

Customer Rating ★★★★★

ITEM 62314/63066
66383 shown

SAVE 50%

- 250 lb. capacity

SUPER COUPON $19.99

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HaulMaster ✂ SUPER COUPON

72" x 80" MOVING BLANKET

ITEM 69505/62418/66537 shown

Customer Rating ★★★★★

SAVE 66%

SUPER COUPON $5.99

~~$8.99~~ comp at $17.97

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SOLAR ROPE LIGHT

ITEM 62533/68353 shown

Customer Rating ★★★★

SAVE 66%

- 16 ft. lit, 22 ft. long

SUPER COUPON $9.99

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10 TON HYDRAULIC LOG SPLITTER

SAVE $30

ITEM 62291
67090 shown

Customer Rating ★★★★½

SUPER COUPON $89.99

~~$114.99~~ comp at $119.99

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CEN-TECH ✂ SUPER COUPON

AUTOMATIC BATTERY FLOAT CHARGER

SAVE 85%

ITEM 69594
69955
42292 shown

SUPER COUPON $4.99

Customer Rating ★★★★½

~~$8.99~~ comp at $34.99

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PREDATOR ✂ SUPER COUPON

6.5 HP (212 CC) OHV HORIZONTAL SHAFT GAS ENGINES

Customer Rating ★★★★★

ITEM 60363/69730

ITEM 69727 shown
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By Pat Keegan and Amy Wheeless

Keep Cool

Choose the right air conditioner for your home

The Electric Cooperatives of South Carolina

An energy auditor can help ensure your new AC unit is sized correctly for your home. A unit too large or too small can create inefficiencies.

Many homes may have an older air conditioner (AC)—say 15 years old—that's not the most efficient but still works. When should those units be replaced? Upgrading to a more efficient model could significantly reduce your electric bill, and replacing an aging system now, before summer starts, could help you avoid delays or price premiums.

How much money you save by replacing your current AC unit depends on how often your AC runs and your electric rate, but a new AC unit is generally 20 to 40 percent more efficient than one from the 1990s (Energy Star©-certified systems can be even more efficient).

The best way to determine possible savings is to have an in-home assessment conducted by a qualified heating, ventilating and air conditioning (HVAC) professional or a certified energy auditor. Electric co-ops are often interested in reducing peak summer loads and sometimes offer rebates or a list of qualified professionals. It's a plus if the contractor has North American Technician Excellence (NATE) certification. Contractors should be knowledgeable about energy efficient systems and have good references.

Your contractor needs to size the system to your home. A unit that is too small will not cool your home to the levels you want. If it is too large, it may not dehumidify your home sufficiently and will cycle on and off more frequently, which can increase wear and tear on the system and shorten its life significantly.

> Upgrading to a more efficient model could significantly reduce your electric bill, and replacing an aging system now, before summer starts, could help you avoid delays or price premiums.

In order to size the system, the contractor will need to look at the efficiency of the home by checking insulation levels. If you add insulation where it's most needed, you may be able to install a smaller AC unit, and you should enjoy greater comfort and lower cooling costs. The HVAC contractor you hire should also assess your ductwork, which is often poorly designed, leaky or inadequately insulated.

As you talk to your contractor, it's good to know there are several air conditioning options suited to different situations. It may or may not be practical to change to a different type of system.

Central air conditioning is generally one of two types: either split or packaged. A split system, which has the cold coils inside the home and an outside unit exhausting heat, is the most common. Packaged systems, which are sometimes installed because of space constraints, combine these functions into one box located outside the home.

A **heat pump** can provide cooling and heating in homes with or without ducts. If you are currently using propane or natural gas as your fuel source, this may be a good option.

A **ductless mini-split heat pump** can be an efficient way to cool up to four zones inside the home. If your existing ductwork is in bad shape or poorly designed, this could be a good solution.

Window units are much less efficient than other options, but they can still be effective for cooling a single room. It's worth paying a little more for a new Energy Star-compliant unit, rather than the dusty $80 unit from the yard sale or auction that wheezes its way through the summer.

Evaporative (or "swamp") coolers are an alternative in very dry climates. While they use a quarter the energy and are less expensive to install than central air conditioning, they also require more frequent maintenance.

Replacing an aging air conditioner is a great way to improve comfort, cut energy costs and reduce peak energy demand. Your co-op may be able to help, and you can learn a lot from the information resources available on our website and on the Energy Star and energy.gov websites.

This column was co-written by Pat Keegan and Amy Wheeless of Collaborative Efficiency. For more information visit: collaborativeefficiency.com/energytips.

By Hannah McKenzie

Home Improvement: Part 1

Be a Weekend Warrior

Q: Spring weather always puts me in the mood to tackle home improvement projects. What would you suggest for a few weekend do-it-yourself (DIY) projects to improve my home's comfort, indoor air quality and energy efficiency?

A: Owning a home can be overwhelming when it feels like you are fixing something every weekend. Designating a few weekends a year to assess and improve your home is a terrific idea. Inspecting the exterior and interior can help you make and prioritize a project list. This month will focus on spaces outside of the heated and cooled portion of your home.

Here's your April DIY punch list:

Walk around the exterior looking for trouble spots that may encourage mold growth, rot and/or pest invasions.

Trim trees and shrubs to leave a 36-inch space between plants and your home's roof and walls. Exterior HVAC units need at least 36 inches of clearance as well.

Clean and secure gutters and downspouts to ensure that water is moving off and at least 5 feet away from your home.

Water standing near or running toward your home is a red flag for possible future water damage. Sometimes regrading the soil or installing a crawl space vent well can mitigate the problem. If the project is too big, consider hiring a contractor to install a drainage system or rework the soil to move water away from your home.

Cover the crawl space floor with 6-mil plastic sheeting if a soil floor is exposed to minimize moisture and unsavory aromas. Overlap joints of the sheets at least 12 inches and remove all debris that may rot before covering the soil.

Insulating hot water pipes with R-3 (½-inch) foam insulation in the crawl space can offer savings up to $50 per year with an electric water heater or $14 per year with a gas water heater. Detailed instructions from the Department of Energy (DOE) can be found online (bit.ly/DOE-hw-pipes).

Insulating attic access doors often reduces dramatic temperature differences between the attic access and the rest of your home. For pull-down attic ladders, a cover can be built of rigid foam insulation. Applying caulk or spray foam to the box joints and where the box attaches to the attic framing will limit heated and cooled air from escaping. Attic access panels and doors can also be improved by attaching rigid foam insulation. Detailed instructions from DOE can be found online (bit.ly/DOE-attic-doors).

Duct sealing is often best left to an HVAC contractor or home energy contractor. Some homeowners, however, are willing and able to tackle this high impact home improvement. Leaking HVAC duct connections make it easy for attic or crawl space air to be sucked into your home, causing indoor air quality and comfort to diminish. Since heating and cooling are the largest energy expense in most homes, cost savings may be noticeable after the improvement. Information about duct sealing from Fine Homebuilding is available online (bit.ly/FH-ducts).

Air sealing and insulating an attic is an advanced DIY project that is one of the top 10 ways to improve comfort and lower heating and cooling bills. Energy Star® offers a comprehensive DIY guide online (bit.ly/ES-DIY-guide).

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

Next month, we will jump into Part 2: Indoor weekend home improvement projects.

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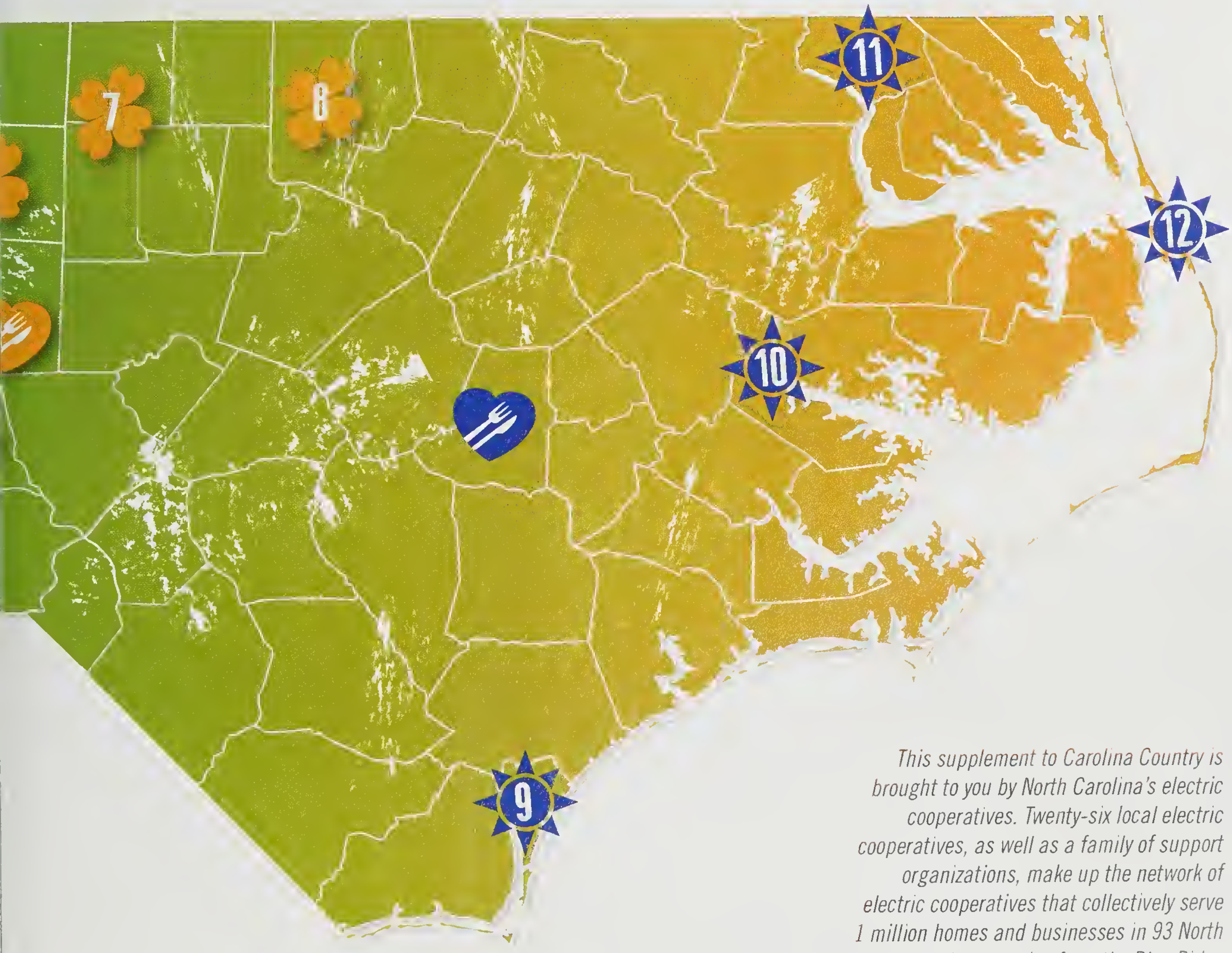
Need an adventure? We've got a destination.

Twelve destinations, to be exact. In this year's annual travel guide, we're highlighting spots across North Carolina that celebrate the diversity our state has to offer — a little something for everyone. In each of the three major geographic regions, you'll find outdoor adventures, indoor activities, historical treasures and small town gems.

As you explore our travel guide and all that North Carolina has to offer, rest assured you're never far from an electric co-op. Thank you to North Carolina's electric cooperatives for sponsoring this guide, as well as to the advertisers on pages 48 to 52.

Plus good local eats!

We set out to answer the inevitable question that comes up while travelling: Where should we eat? Our readers told us, and you'll find their recommendations throughout this guide.



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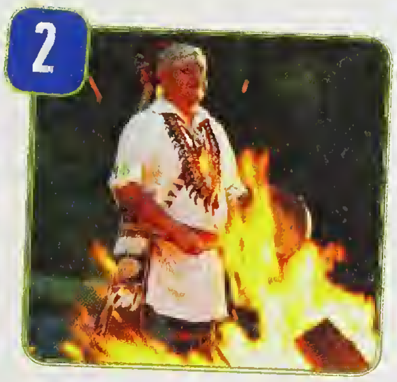
MOUNTAIN ADVENTURES

There are few words that can describe rounding a bend on the Blue Ridge Parkway and coming upon a surprise overlook — massive rolling mountains layered as far as the eye can see. Centuries of North Carolinians have made these hills their home; our destinations show why they like it that way.

1

Fly Fishing Museum of the Southern Appalachians

2



The culture and people of Cherokee

3

FLAT ROCK PLAYHOUSE

James Johnson

Small town gem: Flat Rock

4

Stone Mountain State Park

Eat local: The Old Hampton Store

This Linville gem dates back to the 1920s and is still serving up lunch, dinner and cocktails. And they shared a recipe from their kitchen: Old Southern Cornbread.

Also: Readers share their favorite restaurants in the region on page 58.

MOUNTAINS
FLY FISHING MUSEUM OF THE SOUTHERN APPALACHIANS

Scott Gates

NCWRC/Jennifer Rowe

Scott Gates

Lessons from 'Stream Blazers'

A Bryson City museum is preserving the lore of fly fishing in the Southern Appalachians

By Scott Gates

North Carolina's mountain streams teem with native brook trout and stocked brown and rainbow trout, drawing anglers from far and wide. Trout fishing spots stretch into eight other southern Appalachian states, with more than 14,700 miles of accessible trout streams in the region. Where you find trout you'll find fly fishermen, and curating their sport and its history is Bryson City's Fly Fishing Museum of the Southern Appalachians.

The nonprofit, private and independently owned museum first opened its doors in June 2015, 10 miles down the road in Cherokee. It moved to its current location last fall, and now features nearly 50 exhibits, highlighting the people who have become legends in the sport. Much of the museum is dedicated to these "stream blazers," showcasing stories and relics from legendary fly fishermen, influential reel makers, rod makers, guides, fly tyers and creators, artists, authors, conservationists, and cold water resource leaders.

"Everything there is coming from someone's home. It's precious to them, and now they're sharing it with the museum," says museum board chair and acting curator Alen Baker.

Baker has been fly fishing since the 1980s, and has been working to establish a regional fly fishing museum for much of the last decade.

"I like to fly fish, but I knew little about museums and all that. I just saw that no one was preserving this history," Baker explains. "It's been very rewarding, even though it takes away from my fly fishing."

One of the prized pieces of the museum's collection is a hand-built, McKenzie-style drift boat, which was the first of its kind locally built and used for commercial guiding in the Southeast. Other collections include preserved insects, fly-tying tools, flies, and rods and reels — some dating back to the mid-1800s.

The museum is currently working with Bryson City to expand exhibit space, and will open a second location, in a log cabin by the river, in late 2017 or early 2018. That space will include aquariums filled with local aquatic species, as well as a flowing replica of a mountain stream. And there's still more to come: Long-term plans include a third space with a fly fishing art gallery and museum.

The current museum building is a mere block from the trout-filled Tuckasegee River, less than a mile from the Nantahala National Forest to the south and less than 3 miles from the Great Smoky Mountains National Park to the north. In other words, it's in prime fly fishing country. Visitors inspired by the museum can try their hand at fishing in the Tuckasegee, outfitted by a local fly shop (see sidebar). There's also an interactive kiosk in the museum where adventurous visitors can research fishing spots and hiking trails before heading out to make fly fishing history of their own.

Local Fishing Resources

Fly Fishing Museum of the Southern Appalachians
210 Main St., Bryson City | 800-867-9246
flyfishingmuseum.org

HOURS: (April–July & Oct.) 9–5, Mon.–Sat.; (Nov.–March & Sept.) 9–5, Mon.–Fri.

ADMISSION: free.

Tuckaseegee Fly Shop
3 Depot St., Bryson City | 828-488-3333
530 W. Main St., Sylva | 828-488-3333
tuckflyshop.com

Blackrock Outdoor Co.
570 West Main St., Sylva | 828-631-4453
blackrockoutdoorcompany.com

Hookers Fly Shop
546 W. Main St., Sylva | 828-587-4665
hookersflyshop.com

Rivers Edge Outfitters
61 Big Cove Rd., Cherokee | 828-497-9300
wncfishing.com

North Carolina's First People

Cherokee: Discover the people, the place and the sovereign nation

By Myra Wright / Photos courtesy of Visit Cherokee

Nestled in western North Carolina near the majestic Great Smoky Mountains National Park and the southern end of the Blue Ridge Parkway, Cherokee is a place where history and natural splendor converge.

The Cherokee people have lived in the region for more than 10,000 years.

"At one time, there were more than 300 tribes in the Southeast," says Bo Taylor, executive director of the Museum of the Cherokee Indian. "And now you can count on your hand the ones that are left."

Fortunately, the Cherokee remain and are the only federally recognized tribe in the state. "We are a living, breathing culture that is still alive and viable," Taylor says. "There is an indigenous culture at your back door. You don't have to go to Venezuela. You can come here to learn and have a good experience."

Whether you're pondering a day trip, a weekend getaway or extended mountain vacation, there are numerous opportunities to celebrate the Cherokee culture, its people and their past.

At the Museum of the Cherokee Indian, visitors can enjoy a self-guided tour and exhibits that tell the story of the Cherokee people with artifacts, artwork and interactive displays. The museum, which opened in 1948 and moved to its present location in 1976, plays a crucial part in Cherokee preservation and community education.

"The museum is the hub of the cultural renaissance for our tribe," Taylor explains.

The museum also offers The Cherokee Experience, a customizable program for groups to discover the Cherokee culture through dance, food, crafts, workshops, nature walks and more.

After exploring the museum, you can immerse yourself in the sights and sounds of an 18th century Cherokee village at the Oconaluftee Indian Village. See firsthand how pottery, spear points and canoes are made through various crafting demonstrations.

Become mesmerized by "Unto These Hills," one of the oldest historical dramas in the country that tells the sometimes grim, yet glorious story of the Cherokee people. The critically acclaimed play, which runs from June 3 to Aug. 19, is a spectacular production that portrays the Cherokee people at their most powerful, the heartbreaking Trail of Tears, and modern day values and traditions.

Pack a picnic lunch and head to Oconaluftee Islands Park, a great spot for wading in the water and relaxing, or Great Smoky Mountains National Park for hiking, fishing or sightseeing.

Additional nearby attractions include Harrah's Cherokee Hotel and Casino, Sequoyah National Golf Club and the Blue Ridge Parkway. The region's diversity makes it a great destination for all ages as well as an educational opportunity.

"There are so many things about Indians on TV now and in the movies that are not accurate," says Barbara Duncan, the education director at the museum. "By coming here, people can learn about the real Cherokee people as opposed to the stereotypes…And maybe most importantly, it's really beautiful here, and it's fun."

Myra Wright is a North Carolina-based freelance writer. She enjoys exploring the state with her husband and three kids.

Cherokee Sites & Events

For general information, visit visitcherokeenc.com.

Museum of the Cherokee Indian
589 Tsali Boulevard, Cherokee
828-497-3481 | cherokeemuseum.org

HOURS: Daily from 9–5; Memorial Day to Labor Day from 9–7

ADMISSION: $11 for adults; $7 for ages 6–12

Call to inquire about Cherokee Experience prices and scheduling.

Cherokee Mountainside Theatre: 'Unto These Hills'
688 Drama Road, Cherokee
866-554-4557 | bit.ly/UntoTheseHills

Shows start at 8 p.m. each night
June 3–Aug. 19, Mon.–Sat.

See website for ticket information.

MOUNTAINS

Scott Treadway

Renee Gann

Carl Sandburg Home

nee Gannon

Hubba Hubba Smokehouse

Small Town Gem: Flat Rock

Big city offerings with small village charm

By Renee C. Gannon

Don't let the town's name fool ya. The village of Flat Rock is nestled in the Blue Ridge Mountains in western North Carolina and is far from flat. The town's moniker comes from the granite rock formations found throughout this area's landscape, and on which the town's historic buildings set. Originally founded in 1807, the village occupies less than 8 square miles in Henderson County and is officially named for a still-visible great flat rock the local Cherokee met upon. Many of the town's historic buildings now house unique shops and art galleries.

The village of Flat Rock may be small in dimension, but provides plenty of options for visitors to enjoy a little history, literature, food and entertainment.

Flat Rock Playhouse

Founded by "Vagabond Players" more than 80 years ago (with the last 65 years in a building and not a circus tent), the Flat Rock Playhouse is the only official State Theatre of North Carolina. What started as summer entertainment for vacationers from both North and South Carolina now produces Broadway shows in a nine-month season for almost 100,000 attending the productions. The playhouse also provides year-round performing arts education and an apprentice and intern program.

For the 2017 season, the 500-seat playhouse main stage will feature Annie, Joseph and the Amazing Technicolor Dreamcoat, Little Shop of Horrors, Dial M for Murder, and Amadeus, as well as other well-known musicals and concerts with its "Music on the Rock" series. The playhouse also serves as a location for plays in development that may one day reach Broadway.

One village local who hung out with the players in the 1950s was Pulitzer-prize winning author Carl Sandburg, who moved with his family to western North Carolina in 1945.

Carl Sandburg Home

Known as the "Poet of the American People," Carl Sandburg and his family lived at the mountain farm called Connemara. In 1968, a year after the Abraham Lincoln biographer's death, the main house, built in 1838, and the surrounding estate became the Carl Sandburg Home National Historic Site. The home's guided tour showcases how the Sandburg family lived and worked, including Carl's writing room with its desk and type writer, and his 14,000-volume library. His wife, Lillian Sandburg, raised a prize-winning goat herd at the Connemara Goat Dairy. The goat dairy (with the prize herd's descendants) is open to visitors who access the five miles of farm and wooded trails on the self-guided tour around the property.

Take it easy

Before enjoying a show or after traipsing the grounds of Connemara, relax at Flat Rock's Hubba Hubba Smokehouse, located in the historic district and within walking distance of the playhouse. Free-range roosters and chickens greet you on the rock walkway, and the smell of the wood-fired smokehouse leads you to a menu of pork, chicken, ribs and brisket, as well as a variety of homemade sauces and sides (not to mention local craft beers and hardened cider). While enjoying pulled pork, pimento cheese grits, succotash and an Oskar Blues brew, survey your surroundings: You may just be sitting near the next great playwright or poet. ▲

Flat Rock Sites

Henderson County Tourism Development Authority
800-828-4244 | visithendersonvillenc.com

Flat Rock Playhouse
2661 Greenville Hwy, Flat Rock
828-693-0731 | flatrockplayhouse.org

Hubba Hubba Smokehouse
2724 Greenville Hwy., Flat Rock
828-694-3551 | hubbahubbasmokehouse.com

Carl Sandburg Home
81 Carl Sandburg Lane, Flat Rock
828-693-4178 | nps.gov/carl

A Sheet of Granite Above the Trees

Stone Mountain State Park is a rock climber's paradise and a hiker's dream

Photos and text by Renee C. Gannon

The first sight you see from miles away is the 600-foot high granite dome rising above the trees. The imposing brown-gray granite rock rises to 2,305 feet above sea level, its exposed surface being just a small portion of a 25-mile igneous rock formed from hardened lava. Welcome to Stone Mountain State Park.

The 14,100-acre park stretches across Wilkes and Alleghany counties and offers more than just this centerpiece, with 10 trails (moderate to strenuous) covering 18 miles of pathways to waterfalls, meadows, forest and a historic homestead at its base.

How do you talk two 12-year-old girls into tackling the loop trail to the summit and down to the meadows before rising again? Don't mention the total distance and definitely do not mention the stair step count.

Top of the Rock

While the girls walked through the Mountain Culture Exhibit at the park office, a ranger recommended the Stone Mountain Loop Trail, a 4.5-mile strenuous hike that leads to the summit, the meadows, Hutchinson Homestead and the Stone Mountain Waterfall before returning to the starting point. He suggested we start at the Upper Trailhead Parking Area to avoid climbing the more than 500 steps on the other side, though we would go down those stairs once over the summit.

But don't be fooled with the step avoidance. The hike to the summit is a hilly 905-foot ascent, with a few switchbacks to ease you into the steeper parts. The trail is forested with scattered rhododendron, laurel and ferns just off the path. As the climb continues, a few openings in the forest provide a view of rock outcrops. The trail's orange circle blaze finally leads to the open granite summit, which provides a panoramic view of the Blue Ridge Mountains down to the valley. From this southwest slope, we watched vultures glide on the wind in search for a bite to eat below the edge, gracefully landing to rejoin fellow scavengers on a rotting tree.

When ready to descend, follow the orange circles painted on the granite rock. Soon your knees and feet meet the more than 500 steps in a series of stairs that descend through the hardwood forest and creeks lining the trail. The environment becomes green and lush as you return to the valley.

The Meadow and Waterfall

At the base of the summit is the Hutchinson Homestead. The site showcases life on a farm in the 19th century with a log cabin, blacksmith shop, corn crib, meat house and a garden, when in season.

This spot also offers a grand view of the granite dome.

The loop trail offers several out-and-back trails that lead to five of the six waterfalls located in the park. We stayed on the loop, which leads to the sixth and largest waterfall: The 200-foot Stone Mountain Falls fed by Big Sandy Creek. The trail from the meadows to the falls does ascend, but the grade is not as steep as the loop's beginning. However, it does involve more than 300 steps in a series of stairs that take you to the waterfall's base pool and finally to its top. Standing near the fall's cascading water provides a brief, cool mist as the creek's water slams onto the base rocks, a nice respite before you finish the ascent back to the parking lot trailhead.

The girls (and us moms) were tired at the end of the hike, but the best way to end the adventure is just beyond the park gates at the Stone Mountain Country Store. After a day of hiking, you can't go wrong with ice cream and cold drinks. ▲

Stone Mountain State Park

3042 Frank Parkway, Roaring Gap
336-957-8185
ncparks.gov/stone-mountain-state-park

Stone Mountain Country Store
1050 John P. Frank Pkwy., Traphill
336-957-8154 | stonemountainstore.com

Where to Go for Good Eats

By Wendy Perry

Old Hampton Store
OLD HAMPTON STORE
GRIST MILL

Old Hampton Store

Old Southern Cornbread

Old Hampton Store

A Blue Ridge Picnic

Nothing could be finer than to be in Carolina . . . except enjoying a picnic on the Blue Ridge Parkway! Call ahead to order or drop by and create your own with goodies from the Old Hampton Store in Linville. Proprietor Abigail Sheets will fix you right up with some of their famous hickory and Applewood smoked pork (on homemade sourdough), or with any of their other many homemade goodies, including the blackberry cobbler we hear is not to be missed. While there, enjoy one of their "farm-to-bar" cocktails made with local fruits and veggies in the tavern, or browse the store and art gallery. Weeknights during the season, tap your feet to local music, and drop by if you can in June at their 38th Annual Cornbread Cook-Off!

Wendy Perry is a culinary adventurist specializing in N.C.-made food products and small N.C. farms.

FROM THEIR KITCHEN

Old Southern Cornbread

(a contest-winning recipe)

About 4 slices bacon
2 cups stone ground cornmeal (yellow or white)
1 cup all-purpose flour
½ cup sugar
1 teaspoon soda
1 teaspoon salt
3 tablespoons bacon drippings
3 eggs, beaten
2 cups buttermilk

Preheat oven to 400 degrees. Put several slices of bacon in a 10" cast iron skillet and brown in oven. Meanwhile, combine cornmeal, flour, sugar, soda and salt and mix well. Add drippings from bacon (leave about 2 tablespoons of drippings in the skillet), eggs and buttermilk to dry mixture and mix well. Pour into hot skillet and bake 35–45 minutes or until brown.

Old Hampton Store

77 Ruffin Street, Linville
828-733-5213
oldhamptonstorenc.com
Find it on Facebook.

Open 7 days a week mid-March through early January

LOCALS KNOW BEST

Here's where our readers are eating in the region

JD's Smokehouse

500 Malcolm Blvd., Rutherford College
828-522-1227 | jds-smokehouse.com

"We consider it a real treat to dine here. JD's serves generous servings of moist, super flavorful pulled pork plates with banana pudding (to name one lunch favorite of ours). Travelling 60 miles to dine here is no chore for us—well worth it!"

Recommended by Amy Lester, Nebo, a member of Rutherford EMC

Jonie's Diner

8121 Parkway Rd., Balsam Grove
828-966-4030 | Find it on Facebook.

"Only café/restaurant in our small town (pop. about 500), in the same building as the U.S. Post Office. Great food three meals a day (closed on Sundays). A popular place for locals to meet and swap stories."

Recommended by Joe Bowers, Balsam Grove, a member of Haywood EMC

Foggy Rock Eatery & Pub

8180 Valley Blvd., Blowing Rock
828-295-7262 | foggy-rock.com

Two readers named this spot their favorite. Tammy and Joe recommend the buttermilk fried chicken; Patricia likes the eggplant Florentine, and her husband loves their Tuesday special—spaghetti and meatballs.

Recommended by Patricia Joynes, Boone, a member of Blue Ridge Energy; and Tammy and Joe Signorelli, Purlear, members of Blue Ridge Energy.

Caffé Rel

459 E Main St., Franklin
828-369-9446 | Find it on Facebook.

"This European restaurant is so high class. Remarkably, it's attached to a gas station. The chef has worked in some of the most highly renowned places in the country. I can't claim any one thing I like best, but I always begin with the blue crab bisque."

Recommended by Janet Arrington of Waynesville

Your passport to

PIEDMONT ADVENTURES

The agriculture, textiles and furniture of our Piedmont region helped put North Carolina on the map. But as locals will tell you, there's plenty more to its rolling landscape than a history of industry. Our Piedmont picks show why it's worth making the region a destination of its own.

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Uwharrie National Forest, Off-Road

6

International Civil Rights Center & Museum

7

Conservators Center

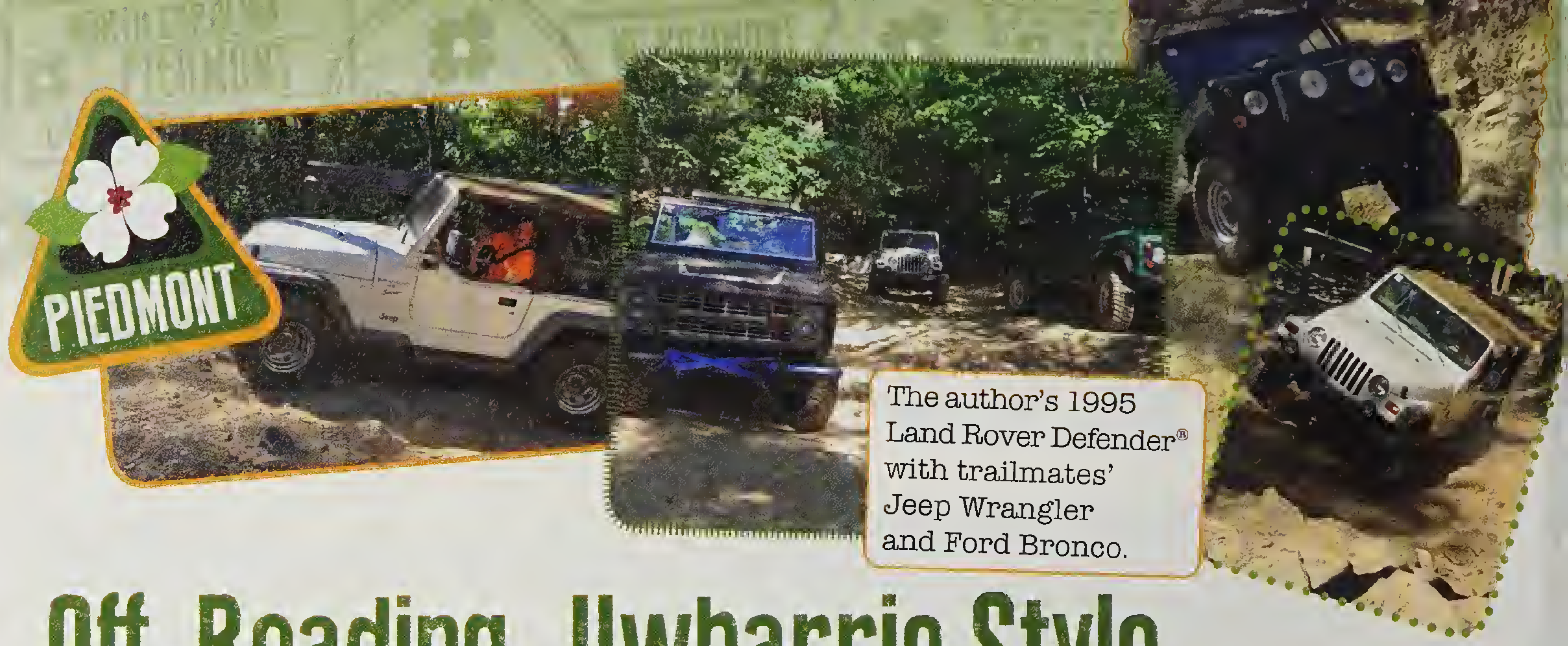
8

Small town gem: Oxford

Eat local: Everything Under the Bun

This restaurant serves up more than puns. Down the road from the North Carolina Zoo, it feeds tourists and zoo keepers alike. Like the banana pudding cake? Try making it yourself with their recipe.

Also: Readers share their favorite restaurants in the region on page 64.



The author's 1995 Land Rover Defender® with trailmates' Jeep Wrangler and Ford Bronco.

Off-Roading, Uwharrie Style

Uwharrie National Forest draws off-highway vehicle fun far and wide

Text and photos by Tom Laing

Some 450 million years ago, a ring of volcanic islands slammed into what was to become North America, forming North Carolina's Uwharrie Mountains in Moore County. Once towering as high as 20,000 feet, the mountains have eroded down over the eons to a rocky nub. The highest of them, Morrow Mountain, is now only 936 feet above sea level.

While they may be a mere shadow of their former self, the Uwharrie Mountains rise steeply from the surrounding plateau, forming high ridges, deep river gorges and a wealth of recreational opportunities. The Uwharrie attract fishermen, hunters, campers, hikers, mountain bikers and equestrians. The U.S. Army's Special Forces even use part of the wilderness for their survival training.

The mountains also attract people from all over the country who want to test their mettle on the Uwharrie's rugged forest service roads in their off-road vehicles (pun intended).

The Uwharrie National Forest provides the only public off-highway vehicle (OHV) or motorized trail system in the Piedmont Region of North Carolina. The Uwharrie OHV trail system ranges from bucolic dirt roads meandering through the forest to some of the most challenging steep and rocky climbs this side of Moab, Utah. One will see a wide range of vehicles on these trails, ranging from heavily modified 'rock crawlers' to stock SUVs. My friends and I chose something in between: Trucks with a rugged pedigree that can also carry us home after a day on the trails.

The excitement of successfully climbing the most difficult trails, with names like Dutch John, Dickie Bell or Daniel is hard to describe. Your adrenaline is pumping, your senses are keen and small mistakes can end in disaster (for your pride, your checkbook and your beloved truck). Carnage on the trails is not unheard of, from roll-overs to broken axles, but with a good spotter and a bit of experience, most escape unscathed.

There are plenty of trails for those who prefer a mellower day in the woods. Trails like Saw Mill, Wolf Den, Slab Pile or Falls Dam offer challenges, but not the constant stress of the more advanced tracks. Still, the challenges increase after a good rain when the clay of North Carolina's pottery belt make even these mellow trails a slippery mess. You'll be chipping red clay off your truck for months afterwards.

Adventurers who want to take advantage of Uwharrie's OHV trails can do so from mid-April to mid-December. The trails are closed during the winter months. Before you hit the trails, stop in at the Eldorado Outpost (a member of Randolph EMC) on NC Highway 109 to top off your fuel tank, air-down your tires and grab a quick meal from its grill.

When not off-roading, Tom Laing works as vice president of research and member insights for North Carolina's Electric Cooperatives.

Uwharrie National Forest

789 NC Hwy 24/27 East, Troy | 910-576-6391

The U.S. Forest Service requires OHV trail users to purchase a pass ($5 a day or $30 annually). Tom says, "I always choose the annual pass—it motivates me to come back and is a badge of honor my Rover can wear on its windshield." Passes are available from the following locations:

BC Trading Post
2000 Hwy 109 N, Troy | 910-571-0510

Eldorado Outpost
4021 Hwy 109N, Troy | 910-572-3474

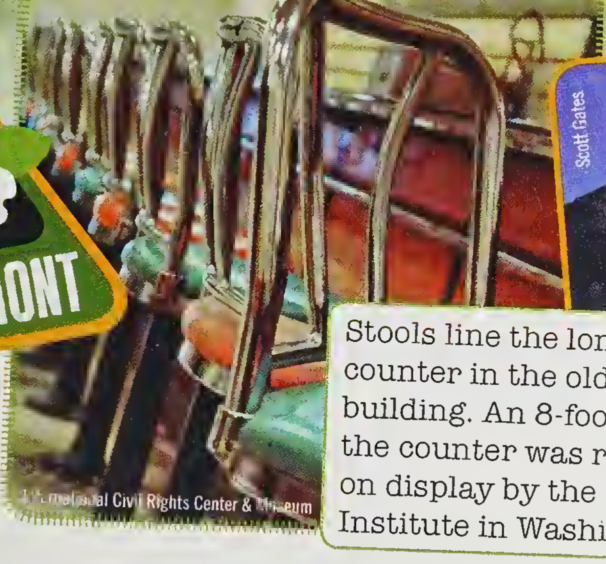
Swift Island BP
4560 Hwy 24/27 West, Mt. Gilead
910-439-0073

Uwharrie Sportsman
4593 Hwy 24/27 West, Mt. Gilead
910-493-4336

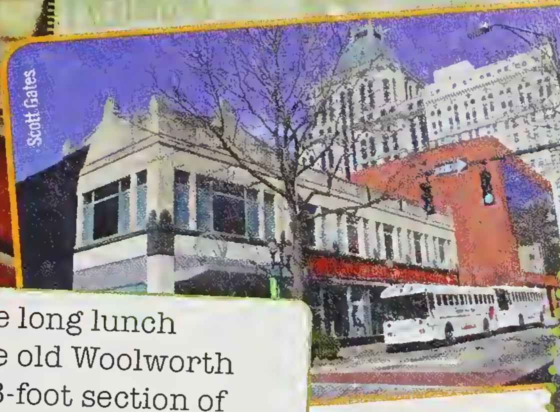
Uwharrie Trails General Store
4568 NC Hwy 109N, Troy | 910-571-0100

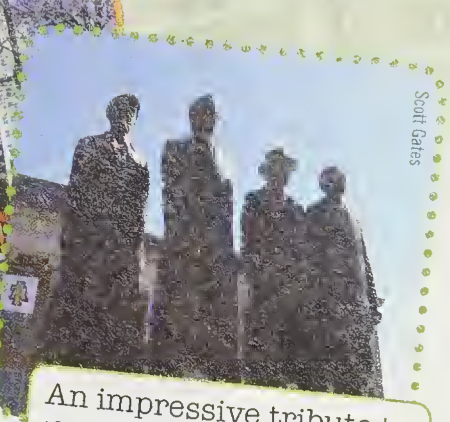
DIGITAL EXTRAS

carolinacountry.com/extras
Watch John Vaughters, energy management systems analyst for North Carolina's Electric Cooperatives, take on a Uwharrie trail with his son.


International Civil Rights Center & Museum

Stools line the long lunch counter in the old Woolworth building. An 8-foot section of the counter was removed and is on display by the Smithsonian Institute in Washington, D.C.


Scott Gates


Scott Gates

An impressive tribute to the four freshmen who sparked a movement stands on campus at N.C. A&T University.

The Lunch Counter that Sparked a Movement

A civil rights landmark has been painstakingly preserved in downtown Greensboro

By Scott Gates

In the heart of downtown Greensboro, a corner of history has been carefully restored to how it stood nearly 60 years ago. Although it is a humble and otherwise unremarkable scene—an L-shaped lunch counter in the old F.W. Woolworth building—its significance makes it an international destination for those seeking to understand the struggles of equality, justice and freedom.

The International Civil Rights Center & Museum opened Feb. 1, 2010, saving a sacred space in the history of civil rights from destruction (there were plans to level the old Woolworth building in favor of more downtown parking). Part of its mission is to tell the story of the four young men who used the space to call attention to a social injustice of their day.

On the afternoon of Feb. 1, 1960, those four young men—North Carolina A&T University freshmen Ezell Blair, Franklin McCain, Joseph McNeil and David Richmond—entered the Woolworth store and made a few purchases. They then took a seat at the store's "whites only" lunch counter and ordered coffee. As black men, they were denied service and eventually asked to leave, although they remained seated until the store closed at 5 p.m. The next day the four returned with more than 20 others to resume their peaceful protest. Other patrons heckled them. Police arrived. Reporters showed up.

Although in the days ahead the protesters would be faced with intimidation, appearances by the Ku Klux Klan and even a bomb threat, they remained undeterred. Their unwavering mission to call attention to an unjust segregational policy sparked a movement. By the end of the following month, similar peaceful sit-ins had spread to more than 55 cities in 13 states.

Today, the lunch counter has been restored to how it looked on that fateful February afternoon. Signs on the wall are a testament to how far a dollar could go: hot coffee, 10 cents; cherry pie, 15 cents. More than 40 barstools line a black slate counter, contrasting the speckled tan floor.

The museum includes a standing exhibit with information about the sit-in and artifacts from the broader civil rights movement. It can be an eye-opening experience for students, who may not have a full understanding of past injustices experienced by African Americans. Rotating exhibits have covered other aspects of civil rights, including international issues.

"There are a lot of civil rights stories that must be told," says center & museum CEO John Swaine. "But there's so much more to do."

For those visiting the museum, a trip to the N.C. A&T campus is worth the five-minute drive. A statue of the four freshmen who started it all towers in front of the University Galleries, where ancestral and contemporary arts of Africa and the Caribbean are displayed, along with the work of both emerging and established African American artists.

Downtown Greensboro also offers a wide range of restaurants, peppered throughout the blocks surrounding the center & museum. ✿

International Civil Rights Center & Museum

134 S. Elm St., Greensboro
336-274-9199 | sitinmovement.org

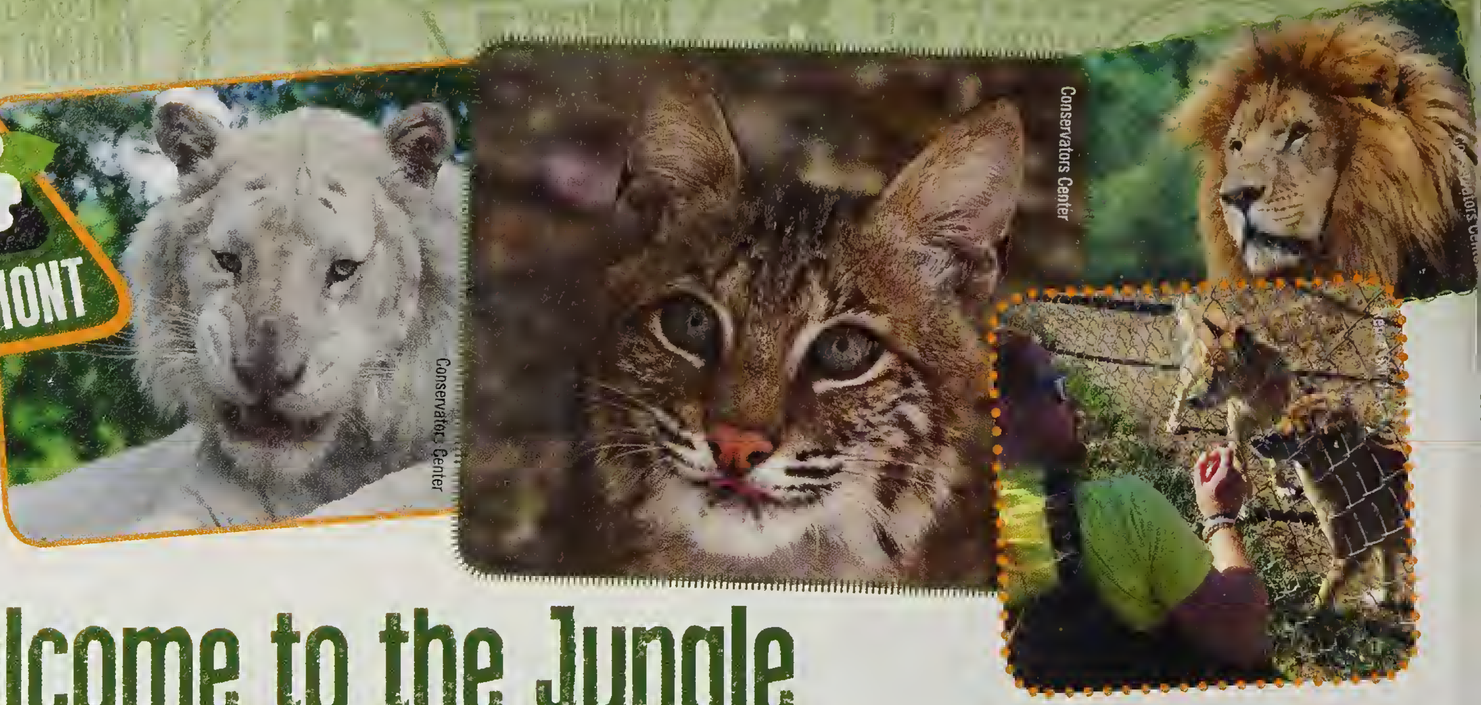
HOURS: (April–Sept.) 9–6, Mon.–Sat.; (Oct.–March) 10–6, Mon.–Sat. (closed Sun.)

ADMISSION: $12 for adults, $10 for students and seniors (65+), $8 for ages 6–12 and children under 5 are free.

University Galleries at N.C. A&T University
1601 E. Market St., Greensboro
336-334-3209

HOURS: 10–5, Mon.–Fri.; Sat. by appointment (closed Sun. & university holidays)

ADMISSION: free



Conservators Center

Conservators Center

Welcome to the Jungle

Conservators Center residents are not typical to Caswell County's rolling farmland

By Renee C. Gannon

Driving along the rural roads just north of Burlington in search of lions and tigers is not something one regularly does on a Saturday morning. But just beyond the abandoned tobacco barn and down a winding gravel road, you will find just that at the Conservators Center: Lions, tigers, bearcats, servals, New Guinea singing dogs and an assortment of other animals not commonly found in North Carolina.

The nonprofit conservancy was founded by wildlife specialists Mindy Stinner and Douglas Evans in 1999. The Caswell County facility opened in 2001 and today provides a home for more than 80 exotic animals from about 20 different species. Most of the residents are part of a rare, threatened and endangered species; all are mammalian. The Conservators Center has educated us two-legged folks about the four-legged since 2007.

Reconnect with the wild

This nonprofit is a haven. Some of the animals came from near-death circumstances, many were retired to the center from other programs, and a few were donated from individuals who could no longer provide care. Most of the lions and tigers were rescued from a big-cat breeding facility in Ohio shut down by the federal government.

The center offers a variety of tours and events geared toward families with young children as well as adults. Experiences will be different depending on the time of year and (especially) the weather.

Each tour gives you an up-close connection with animals, though safely behind a chain-linked fence. The tour guides provide known and little-known facts about each species, as well as personal history and personality (from the attention-craving dingos and New Guinea singing dogs to the standoffish serval cats and lions).

The tour winds its way along a gravel trail not quite one-mile long. The animals are in fenced-in habitats, with a few (including the lemur and fox) in enclosed homes depending on the weather. All your senses are piqued on the tour, especially your sight, smell and hearing. Did you know that a bearcat, also known as a Binturong, smells like Fritos and popcorn? And on the flipside, foxes, even the cute, cuddly Fennec fox, are the most horrendous-smelling animals? The smell is 24-7 and worse than the skunk's defensive spray. Each animal has a unique story about its natural habitat, characteristics, personality and where it came from before the center. For example, a family donated one of the serval cats after he "marked" the home by urinating in an air circulation vent.

And this gets to the favorite phrase of my tour guide, Kevin: "Welcome to the world of pee." While it is a topic one usually doesn't discuss, he made it interesting in describing the distinct smells of each species, especially when warning the group on how to stay out of the "zone" if the lions show their backsides: You're "in range" as far back as 15 to 18 feet!

The center's crew also provide a bit of entertainment (and probably amuse the animals) by calling, howling and roaring at the tigers, lions and wolves throughout the tour to urge the animals to join in the loud cacophony. When it works, the roars are deafening and vibrate in your ears while the wolves' cries are high-pitched and lonely. Not to be left out, the New Guinea singing dogs join in with a melodic tune.

Fulfilling a mission

The center's crew and the residents of these 50-plus acres provide a unique perspective to visitors about the world of endangered species. The goal of the center is to show visitors how all species are interconnected and the value in protecting the most vulnerable, especially those who no longer have a natural habitat to return to.

Conservators Center

676 E. Hughes Mill Rd., Burlington
888-650-1139 | conservatorscenter.org

DIGITAL EXTRAS

carolinacountry.com/extras
See a video from the center before planning your trip.

Pam Thornton discusses town history with a young visitor at the Harris Exhibit Hall.

The basement of Stovall's Gifts is the place to be on Thursday afternoons.

Small Town Gem: Oxford

A rich past and vibrant present make this town worth a visit

Text and photos by Scott Gates

To travelers on I-85 through Granville County, Oxford is a handy stop for gas or a quick bite, with a standard offering of Interstate fare. But drive a few minutes further north, and you'll be treated to the people and places that make Oxford a destination all its own.

Oxford gets its name from THE Oxford University, across the pond in England. An Oxford alumnus, Samuel Benton, established a plantation in the area in 1761 and named it after his alma mater. The name stuck when the town was incorporated in 1816.

True to its name, education has played an important role throughout the town's history. At times the town has been home to two colleges, a military academy, educational orphanages and a seminary. The Oxford Tobacco Research Station has studied the crop for more than a century.

The area's rich history is captured in two neighboring museums just off Main Street: The Granville County Museum and the Harris Exhibit Hall. The exhibit hall will be showcasing 200 years of Oxford history through the end of June. Summer exhibits will feature science programs and historical reenactors.

The county museum is housed in the old Oxford jail, which held prisoners from 1860 to 1970. Modern, hands-on exhibits highlight indigenous American Indian culture, agriculture (tobacco was big business in Granville County), education and other elements important to the region throughout its history. For the ghost hunters out there, the spirit of one of the jail's former occupants still roams the museum's second floor, according to Pam Thornton, executive director of the Granville County Historical Society museums. But don't let the alleged haunting deter you—the second floor is also home to a giant school bell that younger visitors are encouraged to ring to their hearts' content.

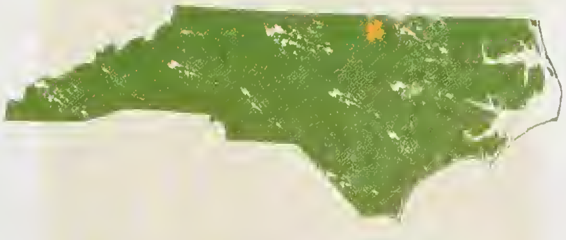
History buffs also will want to stroll the oak-lined College Street heading northwest from town to take in its rows of historic homes, as well as the shady campus of the Masonic Home for Children at Oxford, which has roots going back to the nation's first Masonic orphanage for children in the country.

Several restaurants and local shops line Main, Hillsboro and Williamsboro Streets, which make up the main crossroads of downtown. Harvest Restaurant serves lunch on weekdays with ingredients from local farmers. Make time to visit Stovall's Gifts & Collectibles, especially if you're in town on a Thursday. The family-owned business (for 26 years and counting) hosts local vendors most Thursday afternoons in its downstairs bottle shop, The Cellar.

The shop's owner, Julia Overton, helped launch the town's annual Hot Sauce Contest more than a decade ago. The event drew more than 12,000 last year with music, family activities, booth after booth of hot sauce vendors and, of course, the North Carolina Pepper Eating Contest, sponsored by local pepper grower Bailey Farms.

For those looking for wide-open spaces, Lake Devin is a couple of miles west of town. The stocked public fishing lake is open year-round from sunrise to sunset, with a fishing pier, boat ramp (gas motors are prohibited), concession and tackle shop (May–August) and 2.5 miles of nature trails. ✱

Oxford Sites & Events



For general information, visit oxfordnc.org.

2017 NC Hot Sauce Contest
September 9, 2017, in downtown Oxford
nchotsaucecontest.com

Granville County Museum
110 Court St., Oxford
919-693-9706 | granvillemuseumnc.org

HOURS: 10–4, Wed.–Fri.; 11–3, Sat.

ADMISSION: free

Harvest Restaurant
205 Williamsboro St., Oxford
919-603-1460
harvestrestaurant.wixsite.com

HOURS: Open for lunch, 11–3, Mon.–Fri.

Stovall's Gifts & Collectibles
100 Main St., Oxford | 919-693-1217

HOURS: 10–5:30, Mon.–Fri.; 10–5, Sat.

The Cellar is open from 4–7, Wed.–Sat.

PIEDMONT

Where to Go for Good Eats

Banana Pudding Cake

Text and photos by Wendy Perry

Zoo Food Upgrade

If you have not been to the NC Zoo, DO! Conveniently located in the center of North Carolina, Asheboro is a fun day trip like no other. And located just a mile or so from the zoo is a little "best kept secret" where the locals (and zoo staffers) love to eat. Named for its original menu and freshly ground beef, Everything Under the Bun has that, and also some "in the bun" and "outside the bun" too, having added daily plate specials over time. Sandy Allred's family-run and family-friendly eatery really does have something for everyone (including macaroni and cheese hot dogs). And be sure to end your day trip to the zoo with some of their Banana Pudding Cake. Oh MY!!! Oh YES!!!

Wendy Perry is a culinary adventurist specializing in N.C.-made food products and small N.C. farms.

FROM THEIR KITCHEN

Banana Pudding Cake

1	stick butter, softened
2¼	cups all-purpose flour
1½	cups granulated sugar
3½	teaspoons baking powder
1	teaspoon salt
4¼	cups milk, divided
⅛	cup vegetable oil
1	teaspoon vanilla
3	large eggs
2	4-ounce boxes instant vanilla pudding
¼	cup powdered sugar
1	8-ounce package Cool Whip
1	box vanilla wafers
2	bananas

Preheat oven to 350. Place butter into stand mixer and mix on medium for 1–2 minutes.

Blend in flour, sugar, baking powder and salt. Add 1¼ cup milk, oil, vanilla and eggs. Beat on medium for one minute. Pour batter into 3 prepared baking pans. Bake for 20–25 minutes.

For filling and frosting: Make one box of pudding according to instructions (2 cups milk) and set aside for filling. Put the other box of pudding, powdered sugar and 1 cup of milk to mixing bowl. Mix on low speed until blended. Let stand 3 minutes; fold in Cool Whip.

Place cake layer onto plate. Spread with half of plain pudding and sliced banana. Place second layer on top and repeat filling. Add top layer and frost entire cake with Cool Whip mixture. Cover sides of cake with wafers and scatter wafer crumbs on top.

Everything Under the Bun

1520 Zoo Parkway, Asheboro
336-672-0505
everythingunderthebun.com
Find it on Facebook.

Mon.–Sat., 6–9; Daily Plate Specials

LOCALS KNOW BEST

Here's where our readers are eating in the region

Pik N Pig

194 Gilliam-McConnell Rd., Carthage
910-947-7591 | pik-n-pig.com

"Do you like small towns? Do you long for delicious, smoked pulled pork? Wouldn't it be fun to catch the action at an airfield right outside the window? Well then, head on over to the Pik N Pig."

Recommended by Lynne Gibbs, Mount Gilead, a member of Randolph EMC

The Old Store

3944 Vintage Rd., Lilesville
704-848-8385 | Find it on Facebook.

"Crunchy livermush and hot grits. Lunch specials, burgers and hand-dipped ice cream. If you were born in the '50s, you will love this place. It's very clean with good service, and relaxing."

Recommended by Patsy Capps of York, South Carolina

7 Central Bistro

135 MacDougall Drive, West End
910-400-5228 | 7centralbistro.com

Not one, but four readers recommended this hidden gem in West End. Favorite dishes include the fried chicken sandwich ("melt in your mouth perfection"), and the house dessert classic Bananas Foster.

Recommended by: Russell Goodman, Cameron, a member of Central Electric; Lynne Johnston of West End; Al McLaughlin of Pinehurst; and Angela Patton, West End, a member of Randolph EMC

The Old Country Club Steak House

555 Community House Rd., Roxboro
336-599-8488 | oldcountryclubsteakhouse.com

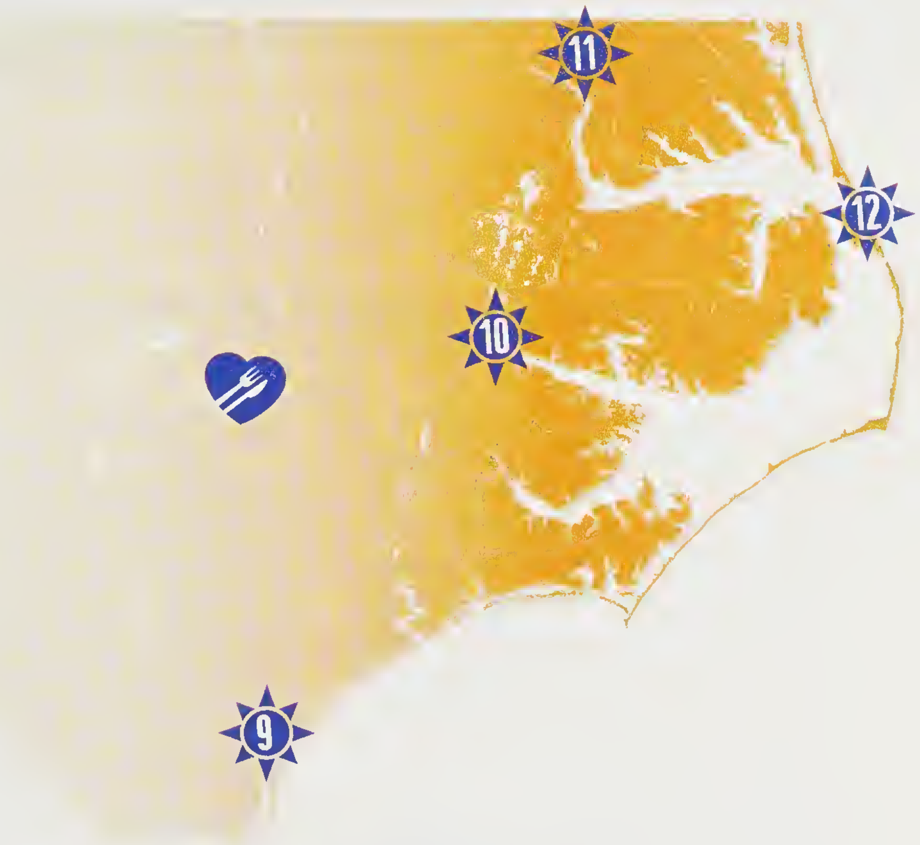
"They have the best filet mignon and ribeye steaks around. Their salad bar is exceptional with an added small hoop cheese & bread table. Good wine & liquor listing."

Recommended by Kathy McElveen, Leasburg, a member of Piedmont Electric

Your passport to

COASTAL ADVENTURES

Fertile farmland, lush wetlands, hidden coves and quiet beaches—it's no wonder OBX stickers are paired with so many out-of-state plates. North Carolina's coastal region draws people from far and wide, but there's always more to explore. Our destinations cover spots both on and off the beaten path.



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The Shops of Wilmington

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Small town gem: Little Washington

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Merchants Millpond State Park

12

JENNETTES OCEAN PIER
ALL MODERN
Rooms·RESTAURANT
BAIT
BATHING SUITS

Jeanette's Pier

Eat local: Ed's Southern Food & Spirits

Owner Ed Cogdell took a historic Goldsboro storefront and made it his own. Try something new: Southern-style egg rolls or seafood nachos. Or make your own, with Ed's fresh strawberry salsa recipe.

Also: Readers share their favorite restaurants in the region on page 70.

COAST
Karen Olson House
The Cigar Exchange
NATURAL AMERICAN SPIRIT
ATM
OPEN
Karen Olson House
Vintage
Karen Olson House
Going Local
Jennifer Lane Hartley

Kelsey Gibbs models an outfit at her Wonder Shop.

Browsing Local

Wilmington's customer-centered shops offer unique gifts, experiences

By Karen Olson House

Wilmington's historic downtown has deftly avoided "chain drain," and boasts block after walkable block of locally owned shops. Here are a few of its many specialty stores that visitors enjoy, starting near the intersection of Market and Front Streets.

Man cave

107 Market St. | 910-251-5015
thecigarexchange.com

The Cigar Exchange wafts an aromatic welcome to both guys and gals, but men are more often the patrons of this enjoyably masculine "manctuary." Lior Ben-Ami is the congenial host, er, proprietor, and knowledgably assists customers in selecting fine cigars from the walk-in humidor. They can pleasurably puff their purchases afterwards, sociably in chairs. Other premium products include pipes, imported cigarettes, ashtrays, cigar cutters, coffee and wine.

Artisans' showcase

208 N. Front St. | 910-769-4833
goinglocalnc.com

There's a range of quality, handmade goods at Going Local NC, including pottery, handbags, enameled metal, photographs, paintings and general conversation starters. Buying local is a mission at this dynamic gallery/gift shop. It showcases at least 60 artisans from across the state. Curator-owner Michelle Conely has an eye for striking pieces. Browsing, you might see hand-beaded crystal spiders, wooden sunglasses, jewelry made from old watch parts or an octopus ring made from a fork.

Custom jewelry

10 N. Front Street | 910-742-5938
gemsbymary.com

Owner Mary Sedcieski has turned an outlet from grief into a storefront business. She began making jewelry at age 9 after her dad passed away, and started selling her pieces from a riverfront table at age 18. In 2015, Sedcieski opened her Gems4U shop, where she pleasantly greets customers. She mines raw minerals in western North Carolina, returning with rubies, emeralds and more. Her designs include chakra and hematite bracelets and birthstone earrings and creations from sea glass. You can order special occasion pieces, and have personal crystals wire-wrapped. Many works are custom-made, often on the spot.

Encouraging clothing bravery

22 N. Front St. | 910-763-1982
shopthewonder.com

The Wonder Shop sells vintage clothing, jewelry, shoes, accessories, and some housewares. "We support clothing bravery and eco-friendly fashion," says owner Kelsey Gibbs. Inspired by her late grandmother's outfits, Gibbs own vintage finesse helps her advocate for environmental sustainability. "Vintage fashion is very versatile, from modern and minimalist to eclectic. It's how you style it," she says. "So many cool things are already made in this world. Let's make use of them."

Pet haven

339 N. Front St. | 910-262-4112
coastalpawsnc.com

Coastal Paws is inside the Historic Cotton Exchange shopping complex along the Riverwalk. Owners Kathleen White and Ruthie Halko each have more than 20 years of canine experience, and own seven rescue dogs between them. They can advise on training and feeding. The shop also hosts animal adoption events. There are homemade treats, grooming products and humorous signs, along with colorful pet beds, leashes and bow ties. About half of the items they carry are made in North Carolina. ☀

Wilmington Area

For more information about the Wilmington area, contact the Wilmington and Beaches Convention and Visitors Bureau at 910-341-4030, or online at wilmingtonandbeaches.com.

DIGITAL EXTRAS carolinacountry.com/extras
Explore The Wonder Shop with owner Kelsey Gibbs, and get a preview of unique shopping opportunities in downtown Wilmington.

Magnolia Photography

Magnolia Photography

Magnolia Photography

COAST

Small Town Gem: Washington

This little maritime town is big on activity options

By Karen Olson House

Sauntering along Washington's boardwalk, you see wide-water views and hear the peaceful sounds of nature: Waves lapping, a seagull's cry, a turtle plopping in for a lazy swim. There are stately boats to admire and plenty of benches to relax on.

This handsome town on the Pamlico River is a haven from a hectic world.

Founded in 1776, Washington once served as a major shipping center. Two fires destroyed many old buildings, but due to proud rebuilding its Historic District boasts styles of revival, federal, Greek and Victorian architecture from the late 1800s and early 1900s. The Visitor's Center provides self-guided tour maps.

At Washington's waterfront, you can step inside the Estuarium to see young alligators, blue crabs and sheepshead fish. You'll learn much about this region's ecosystem, as well as its culture and heritage. This environmental education center offers free boat rides April through October. Call for reservations (required for the popular rides).

Kids can climb and slide at the nautically themed Papa's Playground. It's at Festival Park, which comes alive with lively festivals, concerts and outdoor movies. Haven's Park is also waterfront, recently updated to accommodate children of all abilities.

As a former vaudeville and movie venue, the restored Turnage Theater hosts plays, movies, and special events. Traditional music jams are held there Thursday evenings and Saturday mornings.

Visit The Turnage Gallery and Lane Gift Shop there, then peruse River Walk Gallery and Art on Market. Or browse women's clothing at The Pink Buoy and Bloom, menswear at Russell's, furnishings at Cottage Junkies and items for your home or boat at Nauti Life. All are mere steps away from each other, but there are plenty more options within walking distance. For example, you can buy handcrafted dolls and baskets at the gift shop at The Blind Center, a nonprofit that assists people toward living independent lifestyles.

For delicious ice cream, try The Coffee Caboose, housed in a cozy red building. Restaurants that serve seafood fresh off the boat include Washington Crab & Seafood Shack, a quaint joint off Highway 264 that wows customers with its succulent fare. Visitors also enjoy the variety of burgers and brewed beers at Grub Brothers Eatery. Like so many restaurants here, these offer indoor and outdoor seating.

And if it's activity you're after, no worries: More than 300 miles of mapped paddling trails around Washington's river basin include intriguing tributaries to explore. The easy access and protected waters make Runyon Creek Trail a family favorite, and kayak rentals are nearby at Inner Banks Outfitters. For swimming and hiking, drive about 15 minutes to Goose Creek State Park. Its sandy beach is open Memorial Day through Labor Day, and there are eight miles of trails. ☀

What's in a name?

Washington was named after General George Washington, the first community in America to do so. Folks call it "Little Washington" to distinguish it from D.C., although some local seniors say "The Original Washington."

Washington Sites

For more information about Washington and Beaufort County, call 800-546-0162 or go online at littlewashingtonnc.com

North Carolina Estuarium
223 E. Water St. | 252-948-0000
partnershipforthesounds.net

HOURS: 10–4, Tues.–Sat.

ADMISSION: $5 for adults; $4 for kids in grades K–12; $3 for ages 4 and under.

Turnage Theater
150 W. Main St. | 252-946-2504
artsofthepamlico.org

DIGITAL EXTRAS

carolinacountry.com/extras
See Washington from the locals who know it best.

COAST

North Carolina's 'Enchanted Forest'

Merchants Millpond State Park showcases the natural beauty of swampland

Photos and text by Renee Gannon

Traveling through a real-life version of Tolkien's Middle-earth (without the hobbits, elves and warring orcs) is one thought that may come to mind of visitors to Merchants Millpond State Park. This slice of nature in northeastern North Carolina provides a different outdoor experience than the usual hikes and paddles in the Piedmont and mountains.

The park consists of Lassiter Swamp and a 200-year-old millpond built to provide grain and lumber milling for what was a thriving center of trade in 19th century Gates County. In addition to the 760-acre pond and adjacent swamp, the park also features about 1,000 acres of woodland and scenic routes by water and by land.

Paddle your stress away

The millpond and swamp offer a glimpse of nature before civilization. Canoe and kayak rentals are available at the visitor's center. Numbered buoys mark the paddle trail, but you should explore one of the many inlets off the path. (Just remember which way you paddled and reverse course, with eyes peeled for the buoys.)

Park rangers explain the three colored paddling trails (blue, orange, yellow), with each one building on to the next. The longest, yellow, encompasses all three for 1.25 miles one way. A large portion of the pond awaits exploring beyond the yellow trail's last buoy. Also available is a longer 4.5-mile camping paddle trail along Bennetts Creek.

Once on the water, enjoy the slow-moving, tannin-colored water; watch for turtles perched along logs to catch the sun's warmth as well as egrets standing along the shoreline; and know snakes are ever-present, though mostly unseen. The quiet of the park lets you hear bird calls from warblers to owls and hammering woodpeckers, as well as a chorus of frogs.

Hike into another world

Once back on land, stretch out with a walk through the park's forest that surrounds the water.

Close to 11 miles of trails traverse the park, from the shoreline, into the marshes and woodlands. Four trails are available. (The short Cypress Point Trail is handicap-accessible but currently closed for renovations due to Hurricane Matthew damage.) All trails are deemed easy, this being the flat coastal plain.

The Bennetts Creek Trail (2 miles) comes recommended by a park ranger, which he describes as a walk in an enchanted forest with its tree canopy, marshlands and much of the trail covered in lush green moss. He also pointed to Coleman Trail (2 miles) for my first trek, which leads along the edges of the millpond and its inlets before turning inland toward the Bennetts Creek trailhead across the road.

The "enchanted forest" description for Bennetts Creek could not be any more accurate. The atmosphere had a medieval feel, with the knees of Cypress tree roots protruding from gray-green swampy water and the tall American beech, pine and other hardwoods filtering the sun's rays entering the forest. The often moss-colored trail winds through both hardwood stands and marshlands, giving you an idea of the ecological diversity this park holds.

The park is open year-round, closed only on Christmas Day. The visitor's center educational exhibit is worth exploring before heading outdoors. Spring and fall are ideal times to visit, with lower temperatures (and possibly less buggy). Paddle- and hike-in family and group camping sites are available along the pond's shores and the wooded trails for a fee. ☀

Merchants Millpond State Park

176 Millpond Road, Gatesville
252-357-1191 | bit.ly/MerchantsMillpond

DIGITAL EXTRAS carolinacountry.com/extras
Take a virtual paddle through the swamp, and view more photos of this unique State Park.

New Life for an Old Pier

Jennette's Pier is back and better than ever

By Donna Campbell Smith

Jennette's Pier was North Carolina's first fishing pier, built in 1939 by Warren H. Jennette, Sr., and the Jennette Brothers. The pier was 754 feet long and 16 feet wide, and at the end was built a 28-foot wide "T" so fishermen could spread out at the far reach of the pier. Cabins built in 1933 by the U.S. Civil Works Administration to house workers building the dune system were moved to the property of the pier; one was attached to the pier at the head of the pier to facilitate snack shop and changing rooms.

The pier and motor court were a favorite vacation destination for fishermen and families for decades to come. I have a photograph of my mother and myself as a little girl walking on a boardwalk to one of the cottages of the 1940s. Mama told me this was where she and her family vacationed many times when she was young.

Over its history, storms have battered the pier and rebuilds were necessary. But in September 2003, Hurricane Isabel damaged the pier so badly it seemed it would not be rebuilt. Fortunately, the property was purchased by the North Carolina Aquarium Society and $25 million later, Jennette's Pier, reaching 1,000 feet into the ocean, reopened as one of the Outer Banks' premier tourist attractions.

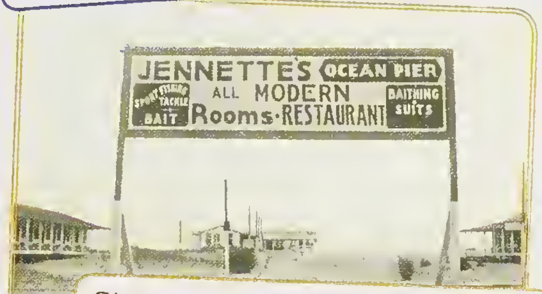
It is much more than a fishing pier. It houses an aquarium, meeting rooms, and a full-service store complete with fishing gear, food and gifts. It also houses a research center, collaborating with University of North Carolina's Coastal Studies Institute in collecting data and carrying on various research projects.

Another feature that is special about the new Jennette's Pier is how it is powered—by wind and sun. The facilities also boast a reclaimed water treatment plant, storm-water retention system under the parking lot, and the use of geothermal wells for heating and cooling. Jennette's Pier was awarded the platinum level certification for Leadership in Energy and Environmental Design (LEED) by the U.S. Green Building Council for its high standards.

Travelers to the Outer Banks will not want to miss visiting this historic fishing pier, whether to fish or to enjoy a stroll on the pier, a picnic lunch in the sun (without the sand), or to learn the history of hurricanes and fishing on the Outer Banks. The pier area also has a long history of being a popular surfing location, possibly as far back as the late 1800s. You can get a gulls-eye-view watching the surfers from the pier, as well as watching what the fishermen reel in. Several educational displays help identify fish of the North Carolina coast for those non-natives not well versed in fish identification. Other displays trace the history of the pier and explain the use of alternative energy and conservation practices in the new and improved Jennette's Pier. ☀

Donna Campbell Smith is a Carolina Country contributing writer who lives in Franklin County.

My mother, Camille Burgess Campbell, arriving with suitcase to vacation in one of the cottages at Jennette's pier



Sign from a photograph taken sometime in the 1940s

Jennette's Pier

7223 South Virginia Dare Trail,
Nags Head | 252-255-1501
ncaquariums.com/jennettes-pier

HOURS: Open 364 days a year) (Dec.–March) 8–5; (April) 7–closing times vary; (May-Aug.) 5–midnight; (Sept.–Oct.) 6–midnight; (Nov.) 7–closing hours vary

ADMISSION: For all-day fishing is $12 for adults, $67 for children 12 and under (pin-rig add $8). Walk-on admission fee is $2 for adults; $1 for children.

COAST

Where to Go for Good Eats

Text and photos by Wendy Perry

Ed's Southern Food & Spirits

Fresh Strawberry Salsa

'Dressed-up Grandma's Food'

Headed down east? Or just looking for a fun day trip? Mosey on over to Goldsboro where you will find lots to do. While there, take time to stop by Ed's Southern Food & Spirits for some "dressed-up grandma's food," so says area native and owner Ed Cogdell. Whether you enjoy his grandma's crabcakes, or a cocktail with fresh juices, you'll be sure to leave with a happy belly! Tucked into what once was Central Lunch (opened in 1905), you will find a quaint historic atmosphere and seasonal dishes featuring fare from local farmers and fishermen. Homemade desserts, like Pig Pick'n Cake, are a must, too! Heck, the food is so good, Ed's even caters for local military dignitaries on base. Do drop by.

FROM THEIR KITCHEN

Fresh Strawberry Salsa

1 lb. fresh strawberries, diced small
¼ medium red onion, minced
½ large jalapeno, finely chopped (add more to taste)
½ cup cilantro, finely chopped
Juice of 2 limes
1 teaspoon Texas Pete
Salt and pepper to taste

Mix all ingredients together and let sit for at least one hour before serving.

Great on fish, shrimp or chicken tacos or with cinnamon tortilla chips!

Yield: Serves about 4

Wendy Perry is a culinary adventurist specializing in N.C.-made food products and small N.C. farms.

Ed's Southern Food & Spirits

105 N. Center St., Goldsboro
919-947-5143
edssouthernfoodspirits.com
Find it on Facebook.

LUNCH: Mon.–Fri., 11–2

DINNER: Mon.–Sat., 4:30–10

SUNDAY BRUNCH: 11–3

Live music on weekends | Outdoor seating

LOCALS KNOW BEST

Here's where our readers are eating in the region

Classic Diner

301 East Main Street, Tarboro, NC
252-823-3303 | Find it on Facebook.

"The restaurant is owned by Bud and Shirley Woolard, good, down to earth people. For having the best steaks n ribs in town, Bud makes the best barbecue sauce ever. You can sop it up with bread or biscuits."

Recommended by Brenda Tillery, Tarboro, a member of Edgecombe-Martin County EMC

Rose Hill Restaurant

312 N. Sycamore Street, Rose Hill
910-289-2151 | rosehillrest.com

"Perfect omelets and waffles with local sausage. Home cooking specials every day: BBQ pork, BBQ chicken and special-made crab cakes—yum!"

Recommended by Mimi Powell, Wallace, a member of Four County EMC

Arthur's Pizza

1415 W. Cumberland St, Dunn
910-892-0122

"Literally the best pizza in North Carolina! I recommend this restaurant to everyone. You can't go wrong with the White Spinach Pizza!" (Mackenzie also recommends the Spanakopita appetizer.)

Recommended by Mackenzie Church, Roseboro, a member of South River EMC

Bill's Grill

5619 US-117 ALT, Wilson
252-239-1627 | Find it on Facebook.

"Whether you are looking for a full home cooked meal or a quick sandwich, there's no better place to eat. The grill isn't fancy but that's part of the charm." (A second location has opened on Nash Street in downtown Wilson.)

Recommended by Deborah Wells, Fremont, a member of Tri-County EMC

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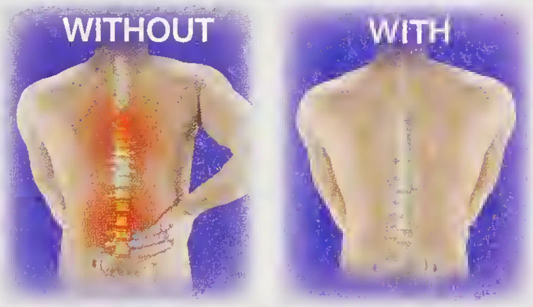

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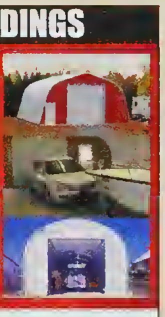

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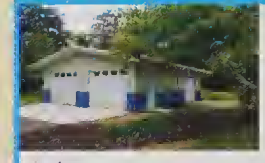

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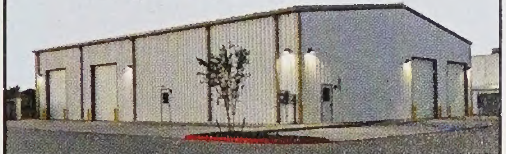

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One-Pan Chicken & Orzo Skillet Dinner

2 medium boneless, skinless chicken breasts
2 tablespoons butter
1 cup orzo
2 cups water
2 pouches Swanson Flavor Boost (or 2 cups very rich chicken stock; omit water if using stock)
2 tablespoons dehydrated onion
2 strips crisp bacon, diced (optional)
2 cups broccoli florets

Seasoned flour:

½ cup flour
1 teaspoon salt
½ teaspoon pepper
1 teaspoon garlic pepper
Pinch curry powder

With a mallet, pound chicken breast to about ½-inch thickness between 2 sheets of waxed paper.

Mix seasoned flour ingredients and dredge each chicken breast with the seasoned flour mixture.

In a large skillet over medium-high heat, melt butter. Brown chicken breasts well on each side – don't worry if the butter becomes brown, it's part of the flavoring process.

Remove chicken and in the same pan, add the uncooked orzo and brown in the remaining butter in the pan. Add the 2 cups of water, the Flavor Boost, and dehydrated onion; stir.

Place browned chicken breast on top of orzo mixture; cover, reduce heat, and simmer for 15 minutes, then add the diced bacon and broccoli florets.

Cover and continue simmering for 10 to 15 minutes or until water is almost absorbed and broccoli is cooked to crisp-tender (do not overcook).

Yield: 2 to 4 servings

Cucumber Dill Salad

1 seedless cucumber
1 medium white onion

Brine:

1 teaspoon dill
½ cup white vinegar
2 cups water
1 tablespoon kosher salt
¼ teaspoon pepper
¼ cup sugar

Using a mandolin slicer (preferred) or a knife, cut cucumber into very thin slices.

Slice onion slightly thicker (approximately 1⁄16-inch thicker). Cut round onion in half and separate.

Mix brine ingredients, stirring until sugar and salt are dissolved.

Place cucumbers and onions in a large nonreactive bowl (ceramic, glass or stainless steel).

Pour brine over cucumber mixture and stir to make sure it is immersed in the brine.

Cover and refrigerate at least 24 hours.

Yield: 6 to 8 servings

DIGITAL EXTRAS

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Bacon Cheeseburger Meatloaf

2 pounds extra-lean ground beef
¾ cup plain breadcrumbs
2 eggs
¼ cup chopped onion
1 teaspoon garlic powder
1 teaspoon salt
½ teaspoon pepper
1 tablespoon Worcestershire sauce or steak sauce
1–2 tablespoons ketchup (one tablespoon if you are using steak sauce)
1 cup cheddar cheese, cut into ¼ to ½-inch cubes
8–10 slices bacon

Preheat oven to 375 degrees.

In a large bowl, mix all ingredients except bacon. Form into a loaf shape. Top with either a fancy bacon lattice, or lay strips across the top. Make sure to tuck the bacon under the bottom of the meatloaf.

Place in an oblong pan (7-by-11-inch with rack) and bake for 50 to 60 minutes or until internal temperature is 160 degrees.

Yield: 6 to 8 servings

From Your Kitchen

Strawberry Delight

1 (16 ounce) carton Cool Whip
1 cup powdered sugar
½ cup regular milk
1 box white cake mix (cook cake by directions on box, cool and cut into small cubes)
1 quart (or large tray like in grocery stores) strawberries (sliced)
2 packages strawberry glaze
¼ cup sugar

Using a large lasagna pan, place cut-up cake on bottom of pan. Mix Cool Whip, sugar and milk together and put on top of cake layer.

For topping, mix strawberries with ¼ cup sugar and stir until sugar is dissolved. Mix this with the glaze pouches and pour over top of Cool Whip layer. Refrigerate until ready to serve.

Recipe courtesy of
Brenda Bundy of Lincolnton

Send Us Your Recipes

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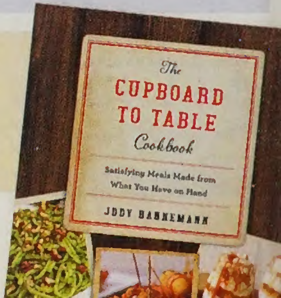
Recipes on this page are from a cookbook "The Cupboard to Table Cookbook" by Judy Hannemann.



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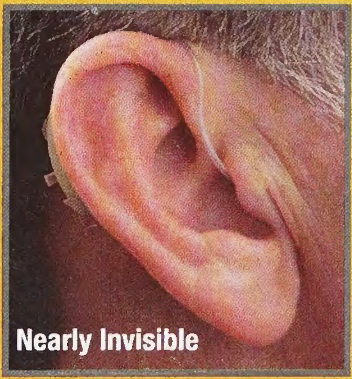

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